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See page 86

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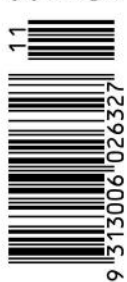
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IMMEDIATE MEDIA

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Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 43% off the regular price!

NOVEMBER/DECEMBER 2025

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diabetic LIVING

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OUR EXPERTS

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Diabetes educator

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Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg

**Exercise physiologist
& diabetes educator**

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay

**Endocrinologist
& bariatric physician**

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

welcome



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'Tis the season

As we step into a new season, I'm reminded that healthy living isn't about perfection – it's about progress. Every small choice we make, from the food on our plate to the way we move our bodies, is a step toward a more vibrant, fulfilling life. And for those of us living with diabetes, these choices can be life-changing in the best way possible.

This issue is all about celebrating the joy that comes from nurturing yourself. Whether it's discovering a new favourite recipe, finding an exercise routine that makes you smile, or simply carving out time to rest and recharge. Each decision you make is an investment in your future health and happiness.

We've packed these pages with inspiration to help you along your journey: delicious, balanced meals that don't compromise on flavour, a real-life story from someone who's transformed their health through simple, sustainable changes, and practical tips from experts to keep you motivated and confident.

Remember, living well with diabetes doesn't mean living without joy. It means savouring the foods you love in ways that nourish your body. It means embracing movement as a celebration of what your body can do – not a punishment. And most of all, it means giving yourself grace.

So let's keep moving forward together, one positive choice at a time. Here's to mornings that start with energy, meals that end with satisfaction, and days filled with confidence in the life you're building.

To your health and happiness,

Alix

Alix Davis,
Editor



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**NEXT
ISSUE
ON SALE
DEC 11**



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We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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DIABETES.

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JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

● **Will I have to use insulin?** Yes, if



you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



IN 2025, DIABETES COST

**\$9
BILLION**

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 3000 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

The latest global diabetes news

CHEESE: THE STUFF NIGHTMARES ARE MADE OF?

It's a well-worn story, but can one of the world's most popular dairy foods really trigger nightmare-filled nights? According to a new study the answer is yes – if you're lactose intolerant. "Nightmare severity is robustly associated with lactose intolerance and other food allergies," says Dr Tore Nielsen from Canada's Universite de Montreal, who explains that it's the overnight intolerance-related gas or stomach pain that affects dreams. "These new findings imply that changing eating habits for people with some food sensitivities could alleviate nightmares. They could also explain why people so often blame dairy for bad dreams!".



MAKE A MOVE FOR INSOMNIA

Insomnia affects as many as one in five people at some stage in their life. If you're one of them, you may have more success trying to treat it with exercise rather than popping a pill. A recent study involving more than 1300 people showed how much different types of activity can help to transform sleep in as little as four weeks. Walking and jogging slashed insomnia severity scores by nearly 10 points, while Tai Chi added more than 50 extra minutes of sleep each night, by cutting middle-of-the-night wake time by 30 minutes and shortening the time to fall asleep by 25 minutes. But it was yoga that delivered the biggest sleep boost, adding nearly two hours of total sleep time per night and improving sleep efficiency by 15 per cent.

ON THE HORIZON...

Engineers from Massachusetts Institute of Technology have developed a tiny, implantable device that sits under the skin, ready to release glucagon when



blood sugar levels drop dangerously low. It's still in the prototype phase, but the prediction is, it could be a game-changer for people living with type 1 diabetes. The device is designed to store powdered glucagon in a 3D-printed reservoir to keep it stable and can be triggered wirelessly or by a continuous glucose monitor for automatic activation. The researchers say it could be a potentially life-saving safety net, especially during sleep or for young children.



Q&A ASK DR MARSH

Q: After a routine blood test, I've discovered my cholesterol is high. I'm keen to try and address it with dietary changes first, rather than taking statins. With Christmas on the horizon, can I still eat my favourite festive foods – cooked prawns and ham?

Dr Marsh says: There are many dietary changes you can make to help with lowering cholesterol. These include:

- ▶ Replacing saturated fat, which is found in animal foods, palm and coconut oil, with polyunsaturated and monounsaturated fats, found foods such as nuts, seeds, avocado, olives and their oils.
- ▶ Increasing your intake of soluble fibre, which is contained in oats, barley, legumes, psyllium husk, nuts and soy foods.

The Heart Foundation does recommend minimising your intake of processed meats like ham, however, that doesn't mean you can't enjoy some at Christmas. It's just best not to have processed meats on a regular basis. And, while prawns contain cholesterol, they are low in saturated fat and are unlikely to have much impact on your cholesterol levels, so are fine to include as part of a healthy diet.

If you are keen to see if you can lower your cholesterol through diet alone, it would be worthwhile seeing an accredited practising dietitian who can help you in developing an individualised eating plan to both lower your cholesterol and manage your diabetes.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

WEEKEND WARRIOR?

That's good news for your heart

Quit stressing if you can only find time to exercise on the weekends. A recent study involving more than 50,000 people living with diabetes found that those who cram their weekly exercise into just a couple of sessions enjoy similar – and sometimes better – health benefits as people who work out more regularly across the week. For example, both 'weekend warriors' and regular exercisers saw significant reductions in their risk of death compared to inactive people living with diabetes, but the cardiovascular benefits were particularly striking. While people exercising more regularly had a 19 per cent lower risk of dying due to heart disease, weekend warriors had 33 per cent lower heart-disease death rates. The trick to making it work? Regardless of how many exercise sessions you manage, the key is achieving at least 150 minutes of moderate-to-vigorous physical activity each week.



Selfish: How to unlearn the rules that are breaking you

By Turia Pitt

Penguin, \$36.99

In a world where being selfless is often framed as something to strive for, the new book from bestselling author Turia Pitt is challenging that notion – because what if being unselfish is causing resentment, burnout, frustration and a lack of fulfilment? Through stories, research and investigations, Turia examines why it's time we started looking at 'selfish' in a completely different way.



A national scheme that provides older Australians living with diabetes with free access to chronic-wound-care products is now available. Around 20,000 people are expected to benefit from the Chronic Wound Consumables Scheme, which delivers items like bandages, dressings and adhesives at no cost to eligible people who are aged 65 and over. It's a significant development given many people with chronic wounds, which can lead to serious infections without appropriate care, currently pay approximately \$4000 a year for their essential wound supplies.

Healthcare professionals nationwide can enrol eligible patients using an online portal, so talk to your doctor or diabetes healthcare provider for more information.

A BANDAGE SOLUTION



FROM SUGAR SUBSTITUTE TO STROKE?

If you see 'sugar free' and think that automatically means a food is healthier, new research might just change your mind. A University of Colorado Boulder study suggests that erythritol, a sugar-free sweetener commonly used in low-kilojoule packaged foods and drinks could be bad news for the brain. When scientists put it under the microscope earlier this year, they discovered that when brain blood vessel cells are exposed to erythritol levels equivalent to a typical sugar-free beverage, they produce significantly less of a molecule that relaxes blood vessels and more vessel-constricting proteins, and weren't as effective at breaking down dangerous blood clots. The result? The researchers say it suggests an increased risk of stroke. "Our study adds to evidence suggesting non-nutritive sweeteners that have generally been purported to be safe, may not come without negative health consequences," says senior author of the study, Professor Christopher DeSouza.

SEXUAL HEALTH ALERT

For men, elevated blood sugar levels can mean more than being diagnosed with diabetes at some stage in the future. A new six-year study of otherwise healthy men performed in Germany suggest that below-diabetes-level sugar changes can impair sperm mobility and erectile function. "Although age and testosterone levels have long been considered an impetus for men's declining sexual health, our research indicates that these changes more closely correlate with modest increases in blood sugar and other metabolic changes," says study author Professor Michael Zitzmann. "This means men can take steps to preserve or revive their reproductive health with lifestyle choices and appropriate medical interventions."



The Weekly Grocery Shop

By Nabula El Mourid

Hardie Grant Books, \$39.95

Wish you could plan better, eat better and spend less when it comes to your meals? This new book, from the creator of game-changing grocery shopping app Supermarket Swap is designed to help. On top of more than 70 recipes that will take you from breakfast to dinner, you'll also discover how to make better choices for your budget and nutrition, when you're at the helm of a shopping trolley.



Q: I keep getting ingrown toenails. Could the frequency of these be related to my diabetes? And even if it is, is there anything I can do to help prevent them?

Danielle says: Ingrown toenails can be caused by several different factors and having diabetes may put you at more risk of developing them. Diabetes can cause changes to your skin and nails and can make it more likely for the nail to grow into the skin. For example, if nails become thickened or change shape, cutting them yourself safely and properly can become difficult and can result in more ingrown toenails. Once this occurs, diabetes can also make you more prone to developing infections. If you have peripheral neuropathy you may not feel the early warning signs of pain that tells you that the nail is growing in. This can result in delayed treatment and the issue can get worse quickly.

It's important to establish good foot care habits early to try and avoid this. If you can't reach or see your nails properly and you have difficult toenails to cut, then seeking care from a podiatrist regularly can help avoid these problems. Nail surgery may be recommended if ingrown nails are reoccurring frequently despite regular care or if the nails are painful.

~~~~~  
Danielle Veldhoen, podiatrist





## A SILENT THREAT FOR MEMORY DECLINE

More than one in four people over the age of 60 experience a significant hearing impairment, something which bumps up the risk of cognitive decline later in life by two or three times. But fresh research suggests that the combination of hearing loss and feeling lonely may be particularly dangerous for the brain. That's according to scientists from the University of Geneva – and surprisingly, the most vulnerable aren't necessarily those who are completely socially isolated. Instead, it's people who feel lonely despite having social connections.

In good news, the solution might be simpler than you'd think. The study's authors say that, for people who are socially connected but feel lonely due to communication barriers, wearing a hearing aid could make a dramatic difference, helping them engage more fully to protect their cognitive health.



## SAVE THE DATE

Friday, November 14 is World Diabetes Day and this year's focus is 'Diabetes and the Workplace'. Research not only shows that seven in 10 people living with diabetes are of working age, many of them also face daily challenges managing their condition at work, which has a negative impact on wellbeing. To find out how you can get involved this year or to listen to a podcast about diabetes and wellbeing, visit [worlddiabetesday.org](http://worlddiabetesday.org).



Diabetes Australia's national membership program – Diabetes YOUUnited – celebrates its first birthday in November. Not a member yet? It's free to join and once you do, you'll receive regular news and updates and gain access to forums, guided support and information from health professionals and webinars. And, if you pay for a Diabetes YOUUnited Plus or Legacy membership, you'll also receive meal plans and access to cookbooks, cooking videos, fortnightly Q&As with dietitians and specialists, and more. To join, visit [diabetesaustralia.com.au/membership](http://diabetesaustralia.com.au/membership).



Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

# Here TO HELP



**DIABETES AUSTRALIA** This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit [diabetesaustralia.com.au](http://diabetesaustralia.com.au).

## **THE NATIONAL DIABETES SERVICES SCHEME (NDSS)**

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit [ndss.com.au](http://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

## **AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)**

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to [adea.com.au](http://adea.com.au) to use the 'Find a CDE' service or call **(02) 6173 1000**.

## **JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)**

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to [jdrf.org.au](http://jdrf.org.au) to find out more.

**FOOT FORWARD** Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit [footforward.org.au](http://footforward.org.au)

**KEEPSIGHT** As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit [keepsight.org.au](http://keepsight.org.au)

**MYDESMOND** Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to [mydesmondaustralia.com.au](http://mydesmondaustralia.com.au) to join.

## **NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit [ndis.gov.au](http://ndis.gov.au) or call **1800 800 110** for more information.



HOW OUR  
FOOD WORKS  
FOR YOU  
see page 94

# 5 5 DAYS DINNERS

Five flavoursome and nutritious weeknight  
meals, already planned for you!





**MONDAY**

**Grilled salmon  
tacos with chipotle  
lime yoghurt**  
*Recipe, page 18*



GFO

## JAPANESE NOODLES WITH SESAME DRESSING

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A MAIN)

120g dried soba noodles or  
gluten-free soba  
100g sugar snap peas, halved  
lengthways  
1 red capsicum, thinly sliced  
½ Lebanese cucumber, sliced or  
peeled into ribbons  
2 tsp sesame seeds, toasted

### DRESSING

2 tbsp tahini paste  
1 tbsp salt-reduced soy sauce or  
gluten-free soy sauce  
2 tbsp rice vinegar  
3 tsp sugar

1 To make the dressing, mix the  
tahini paste with 2 tbsp water in a  
small bowl. Stir in the soy sauce,  
vinegar and sugar. Set aside.

2 Cook the noodles in a medium  
saucepan of boiling water,  
following packet instructions. Drain  
and rinse under cold water.

3 Divide the noodles between two  
bowls. Top with the sugar snaps,  
capsicum and cucumber.

4 Just before serving, pour over the  
dressing and sprinkle with the  
toasted sesame seeds.

### NUTRITIONAL INFO

**PER SERVE** 1850kJ (443Cal),  
**protein** 15g, **total fat** 15g (sat. fat  
2g), **carbs** 55g, **fibre** 9g, **sodium**  
908mg • **Carb exchanges** 3½ • **GI**  
**estimate** low • **Gluten-free option**

### COOK'S TIP

If you can't find soba noodles,  
use normal egg noodles in this  
dish instead.



**TUESDAY**

Japanese noodles with  
sesame dressing



**WEDNESDAY**

**Grilled steak salad with  
horseradish dressing**

*Recipe, page 20*





GFO LCO

## GRILLED SALMON TACOS WITH CHIPOTLE LIME YOGHURT

PREP 15 MINS COOK 10 MINS

SERVES 2 (AS A MAIN)

1 tbsp smoked paprika  
250g skinless and boneless salmon fillets  
100g fat-free natural yoghurt  
2 tsp chipotle sauce or hot chilli sauce  
Juice ½ lime  
4 small soft flour tortillas or gluten-free tortillas, warmed  
⅛ (100g) white cabbage, finely shredded  
½ bunch coriander, picked into sprigs  
Few pickled jalapeño slices  
Lime wedges, to serve  
Hot chilli sauce, to serve (optional)

1 Rub the paprika into the flesh of the salmon fillet. Season with freshly ground black pepper. Preheat grill to high.

2 Combine the yoghurt, chipotle sauce or hot sauce and lime juice in a bowl. Season with freshly ground black pepper.

3 Preheat a grill on medium-high. Line a grill tray with foil. Place the salmon on the tray and grill for 7-8 minutes or until cooked through. Remove the salmon from the grill. Set aside for 5 minutes.

4 Flake the salmon into large chunks and serve with the warmed tortillas, chipotle yoghurt, shredded cabbage, coriander, jalapeños and lime wedges. Add a shake of hot sauce if you like it spicy.

### NUTRITIONAL INFO

**PER SERVE** 1980kJ (474Cal), **protein** 30g, **total fat** 26g (sat. fat 5g), **carbs** 29g, **fibre** 6g, **sodium** 230mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

Replace the tortillas with 2 Simson's Pantry low carb tortillas. These are larger tortillas, so divide the mixture between the two tortillas, serving one per person.

### NUTRITIONAL INFO

**PER SERVE** 1940kJ (464Cal), **protein** 36g, **total fat** 26g (sat. fat 7g), **carbs** 13g, **fibre** 11g, **sodium** 417mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

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## JERK PORK & PINEAPPLE WITH BLACK BEANS & RICE

PREP 10 MINS COOK 10 MINS

SERVES 2 (AS A MAIN)

200g pork fillet, trimmed of fat, cut into 4cm chunks  
2 tsp Cajun seasoning  
½ tsp ground allspice  
2 tsp hot chilli sauce or gluten-free hot chilli sauce, plus extra, to serve (optional)  
Zest and juice 1 lime, plus wedges, to serve  
65g (⅓ cup) basmati rice  
½ drained and rinsed 420g can no-added-salt black beans  
¼ (150g) pineapple, peeled, cored, cut into 4cm chunks

1 Combine the pork, seasoning, allspice, chilli sauce (if using) and lime zest and juice. Season with freshly ground black pepper. Thread the pork and pineapple onto metal skewers (or pre-soaked wooden skewers, see Cook's tip). Set aside.

2 Cook the rice in a small saucepan of boiling water following packet directions. Drain and return to the pan. Add the beans and toss to combine. Cover and set aside to keep warm.

3 Heat a chargrill pan over medium-high heat. Spray the skewers with cooking spray. Add the skewers and cook for 3 minutes on each side until nicely charred and the pork is cooked through.

4 Serve the skewers with the beans and rice, extra chilli sauce, if you like, and lime wedges for squeezing over.

### NUTRITIONAL INFO

**PER SERVE** 1400kJ (335Cal), **protein** 31g, **total fat** 2g (sat. fat 1g), **carbs** 44g, **fibre** 5g, **sodium** 298mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**





**COOK'S TIP**

If using bamboo skewers, soak in water for 20 minutes. Drain.



**THURSDAY**

Jerk pork & pineapple  
with black beans & rice  
*Recipe, page opposite*





## GRILLED STEAK SALAD WITH HORSERADISH DRESSING

PREP 10 MINS COOK 5 MINS

SERVES 2 (AS A MAIN)

250g lean rump steak, trimmed of fat  
1 tsp celery seeds, crushed  
1 tbsp Worcestershire sauce or gluten-free Worcestershire sauce  
6 celery sticks, thinly sliced, leaves reserved  
200g mixed tomatoes, sliced or halved (beefsteak, plum, and red and yellow cherry are all good)

### DRESSING

1 tbsp Worcestershire sauce or gluten-free Worcestershire sauce  
1 tbsp olive oil  
1 tsp horseradish sauce or gluten-free horseradish sauce  
1 tsp red wine vinegar  
1 tsp no-added-salt tomato paste  
2 x 50g multigrain bread rolls or gluten-free rolls

1 Rub the steak on both sides with the crushed celery seeds and the Worcestershire sauce. Season steak on both sides with freshly ground black pepper. Spray both sides of the steak with cooking spray.

2 To make the dressing, whisk all the ingredients together in a small bowl. Set aside.

3 Divide the celery and tomatoes between two plates.

4 Heat a chargill pan over high heat. Add the steak and cook for 2-3 minutes each side, for medium or until cooked to your liking (depending on how thick your steaks are). Transfer the steaks to a plate, cover loosely with foil and set aside for 5 minutes to rest.

5 Diagonally slice the steaks and place on top of the salads. Pour the dressing over and scatter over the celery leaves. Serve.

### NUTRITIONAL INFO

PER SERVE 1750kJ (419Cal), **protein** 33g, **total fat** 18g (sat. fat 4g), **carbs** 27g, **fibre** 6g, **sodium** 701mg

• Carb exchanges 2 • GI estimate low

### LOWER-CARB OPTION

Replace the multigrain rolls with 2 lower carb rolls, such as Macro Lower Carb Linseed & Sunflower Bread Rolls.

### NUTRITIONAL INFO

PER SERVE 2330kJ (557Cal), **protein** 48g, **total fat** 31g (sat. fat 6g), **carbs** 13g, **fibre** 9g, **sodium** 726mg

• Carb exchanges 1 • GI estimate low • Lower carb



## SPICE-CRUSTED CHICKEN WITH CABBAGE SLAW

PREP 15 MINS COOK 10 MINS

SERVES 2 (AS A MAIN)

2 x 125g skinless, boneless chicken breasts, trimmed of fat  
1 tbsp sesame oil  
½ tsp chilli flakes  
½ tsp cumin seeds  
½ tsp Sichuan peppercorns  
1½ tbsp brown sugar  
1½ tbsp salt-reduced soy sauce or gluten-free soy sauce  
1 lemon, ½ juiced, ½ cut into wedges, to serve  
¼ small (200g) white cabbage, finely shredded  
½ red onion, sliced  
½ red chilli, deseeded and chopped  
Small handful coriander sprigs, to serve

1 Slice the chicken lengthways, three-quarters of the way through each breast and open out like a book. Place the chicken between two pieces of non-stick baking paper. Use a rolling pin to flatten the chicken. Rub over 1 tsp of the sesame oil. Use a mortar and pestle to roughly crush the chilli flakes, cumin seeds and peppercorns. Sprinkle the spice mixture over both sides of the chicken. Cover and put in the fridge until ready to use.

2 Combine the remaining sesame oil, sugar, soy sauce and lemon juice in a bowl. Add the cabbage, onion and chilli to a large bowl. Pour over half the dressing and mix well. Save the remaining dressing to use as a dipping sauce for the chicken.

3 Preheat grill on high. Line a baking tray with foil. Put the chicken on the lined tray and grill for 3-4 minutes on each side or until cooked through.

4 Serve the chicken with the slaw, lemon halves, a scattering of coriander and remaining dipping sauce.

### NUTRITIONAL INFO

PER SERVE 1300kJ (311Cal), **protein** 32g, **total fat** 12g (sat. fat 2g), **carbs** 16g, **fibre** 6g, **sodium** 665mg

• Carb exchanges 1 • GI estimate low

• Gluten-free option • Lower carb



**FRIDAY**

**Spice-crusted chicken  
with cabbage slaw**

*Recipe, page opposite*







# LOVE YOUR LEFTOVERS

Not sure what to do with the remaining ingredients?  
Take inspiration from these tasty tips

## GROCERIES

**SOBA NOODLES:** Cook and toss with Japanese-style soy dressing, shredded carrot, cucumber, shallots, cooked skinless chicken breast fillets and toasted sesame seeds.

**BLACK BEANS:** Mix with chopped red capsicum, shredded coriander leaves, thinly sliced red onion, chopped tomato, chargrilled corn, drizzle of olive oil and squeeze fresh lime juice. Serve with a handful of corn chips.

**HORSERADISH SAUCE:** Use in dressings or sauces.

**TOMATO PASTE:** Use in pasta sauces, spread over pizza bases or in casseroles.

**CHIPOTLE SAUCE:** Use in dips, drizzle over tacos, use in salad dressings or in marinades for meats.

**PICKLED JALAPEÑO SLICES:** Sprinkle over pizza toppings, add a few to your salad or use on sandwiches and wraps.

**YOGHURT:** Spoon over fresh fruit and serve as a quick snack.

## FRUIT & VEGETABLES

**LEBANESE CUCUMBER:** Chop into sticks and serve as a snack with a few tablespoons of hummus.

**LIME:** Cut into wedges and serve with chargrilled fish or seafood. Use in dressings.

**RED ONION:** Finely chop and use in salsa, thinly slice and sprinkle over pizzas or in stir-fries.

**CHILLI:** Finely chop and use in dressings, thinly slice and use in stir-fries or add a few slices to your favourite sandwich to add a little flavour kick!

**CORIANDER:** Use in salads, stir-fries or dressings.

**CELERY:** Cut into thin sticks and serve as a snack with a little no-added-salt-and-sugar peanut butter. ■



# SHOPPING LIST

## GROCERIES

- ☐ 270g pkt dried soba noodles
- ☐ 420g can no-added-salt black beans
- ☐ 175g jar horseradish sauce
- ☐ 140g tub no-added-salt tomato paste
- ☐ 220g jar chipotle sauce
- ☐ 4 small soft flour tortillas
- ☐ 270g jar pickled jalapeño slices

## FRUIT & VEGETABLES

- ☐ 100g sugar snap peas
- ☐ 1 red capsicum
- ☐ 1 Lebanese cucumber
- ☐ 1 lemon
- ☐ 2 limes
- ☐ 300g white cabbage
- ☐ 1 red onion
- ☐ 1 red chilli
- ☐ 1 bunch coriander
- ☐ ½ bunch celery
- ☐ 200g mixed tomatoes (beefsteak, plum, and red and yellow cherry are all good)
- ☐ ¼ (150g) pineapple

## MEAT & POULTRY

- ☐ 2 x 125g skinless, boneless chicken breast fillets
- ☐ 200g pork fillet
- ☐ 250g lean beef rump steak

## SEAFOOD

- ☐ 250g skinless and boneless salmon fillets

## CHILLED

- ☐ 130g container fat-free natural yoghurt

## BAKERY

- ☐ 2 x 50g multigrain bread rolls

## PANTRY

- ☐ Sesame seeds
- ☐ Tahini paste
- ☐ Salt-reduced soy sauce
- ☐ Rice vinegar
- ☐ Red wine vinegar
- ☐ Sugar
- ☐ Sesame oil
- ☐ Olive oil
- ☐ Chilli flakes
- ☐ Cumin seeds
- ☐ Sichuan peppercorns
- ☐ Cajun seasoning
- ☐ Ground allspice
- ☐ Celery seeds
- ☐ Smoked paprika
- ☐ Brown sugar
- ☐ Hot chilli sauce
- ☐ Worcestershire sauce
- ☐ Basmati rice



Whether it's your trusty air-fryer, tried-and-true microwave or set-and-forget slow cooker – cook smarter, not harder

# GADGET GAME- CHANGERS



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 94

Slow-cooked lamb shoulder  
Recipe, page 26





## COOK'S TIP

If you can't get your hands on any shawarma spice mix, you can make up your own. Combine 1 tbsp ground cumin, 1 tsp smoked paprika,  $\frac{3}{4}$  tsp ground turmeric,  $\frac{1}{2}$  tsp ground coriander,  $\frac{1}{4}$  tsp ground cinnamon,  $\frac{1}{4}$  tsp ground ginger, pinch ground cardamom and cayenne pepper.



Chicken shawarma couscous  
Recipe, page 29





## SLOW-COOKED LAMB SHOULDER

**PREP** 15 MINS **COOK** 8 HOURS 15 MINS

**SERVES** 6 (AS A MAIN)

1.75kg bone-in lamb shoulder, trimmed of fat  
2 tsp olive oil, plus 1 tbsp  
200ml red wine  
2 carrots, roughly chopped  
2 brown onions, quartered  
2 stalks celery, roughly chopped  
2 bay leaves  
Few rosemary sprigs  
Few thyme sprigs  
300ml salt-reduced chicken stock or gluten-free stock  
1 cup cabbage leaves, torn  
200g English spinach leaves, torn or roughly chopped  
800g Zerella Baby Spud Lite Potatoes, cut into chunks, roasted, to serve  
220g (1½ cups) green peas, steamed, to serve

**1** Pat the lamb with paper towel. Rub the lamb all over with 2 tsp oil. Season well with freshly ground black pepper. Heat a large non-stick frying pan over medium heat. Add the lamb and cook, turning occasionally, for 10-12 minutes or until browned all over. Remove the lamb from the pan and set aside. Pour the wine into the pan and cook, stirring, for 1-2 minutes to cook off the alcohol.

**2** Put the carrots, onions, celery, bay leaves, rosemary and thyme into a slow cooker. Lay the lamb on top. Pour over the stock. Cook on high for 6 hours or low for 8 hours, turning halfway, if you can.

**3** Meanwhile, heat 1 tbsp oil in a medium saucepan over medium heat. Add the cabbage and cook, stirring occasionally, for 4-5 minutes or until the cabbage wilts. Add the spinach and cook, stirring, for 1-2 minutes or until the spinach wilts. Season with freshly ground black pepper.

**4** Remove the lamb and set aside to rest. Set a sieve or colander over a bowl and capture the liquid (either discard the vegetables or eat them with the meal – they'll be soft but taste great). Serve the lamb with the cabbage mixture, roast potatoes and peas.

### NUTRITIONAL INFO

**PER SERVE** 2320kJ (555Cal), **protein** 47g, **total fat** 26g (sat. fat 9g), **carbs** 21g, **fibre** 8g, **sodium** 308mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**



## SMOKY BEAN ENCHILADAS

**PREP** 20 MINS **COOK** 15 MINS

**SERVES** 4 (AS A MAIN)

420g can no-added-salt red kidney beans, rinsed and drained  
420g can no-added-salt black beans, rinsed and drained  
1 green capsicum, chopped  
25g pkt salt-reduced taco seasoning or gluten-free taco seasoning  
500ml (2 cups) tomato passata  
4 large flour tortillas or gluten-free tortillas  
80g (⅔ cup) reduced-fat grated cheese  
2 tbsp light sour cream, to serve  
1 small jalapeño, thinly sliced, to serve  
2 heads baby cos, trimmed, into wedges

**1** Put the kidney beans, black beans, capsicum, taco seasoning and 150ml of the passata in a large microwave-safe bowl. Season with freshly ground black pepper. Stir until well combined. Cover and cook on High/100% for 4 minutes. Set aside for 2 minutes.

**2** Meanwhile, pour enough tomato passata into a microwave-safe baking dish (measuring about 24 x 18cm to cover the bottom), this will stop the enchiladas from sticking to the dish.

**3** Spoon a quarter of the bean mixture into the centre of a tortilla, roll it up, then place in the baking dish. Repeat until the filling is used up and you have four stuffed enchiladas, spacing them out in the dish so there's a gap between each. Pour the remaining passata across the length of the enchiladas, then scatter over the grated cheese.

**4** Cook, uncovered, on High/100% for 7 minutes. Set aside for about 2 minutes. Serve with the salad, sour cream and a few sliced jalapeños.

### NUTRITIONAL INFO

**PER SERVE** 1800kJ (431Cal), **protein** 23g, **total fat** 11g (sat. fat 5g), **carbs** 53g, **fibre** 14g, **sodium** 1050mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**



mains



Smoky bean enchilada Recipe page opposite



**Air-fryer  
mushrooms on  
toast**

*Recipe, page  
opposite*





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## AIR-FRYER MUSHROOMS ON TOAST

**PREP** 5 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A BREAKFAST)

300g Swiss brown mushrooms, quartered or sliced  
Few sprigs thyme, leaves picked  
½ tsp garlic powder  
1 tbsp olive oil, plus extra for the bread  
2 x 40g slices wholemeal sourdough bread or gluten-free bread  
1 clove garlic, peeled but left whole (optional)  
Small handful chopped flat-leaf parsley (optional)

**1** Put the mushrooms in a bowl. Scatter over the thyme leaves and garlic powder. Season with freshly ground black pepper. Toss to combine. Drizzle over the oil and mix again.

**2** Preheat the air-fryer (if necessary), to 200°C. Tip the mushrooms into the basket and cook for 12-15 minutes, mixing up halfway through, until golden and beginning to crisp up.

**3** A few minutes before the end of cooking, toast the bread. If you like, you can rub the toast with a garlic clove for extra flavour. Drizzle the bread with a little oil, then spoon over the mushrooms. Scatter with parsley, if you like.

### NUTRITIONAL INFO

**PER SERVE** 1500kJ (359Cal),  
**protein** 11g, **total fat** 25g (sat. fat 4g), **carbs** 15g, **fibre** 7g, **sodium** 195mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

## CHICKEN SHAWARMA COUSCOUS

**PREP** 15 MINS **COOK** 10 MINS  
**SERVES** 4 (AS A MAIN)

400g skinless boneless chicken

thigh fillets, trimmed of fat, cut into bite-sized pieces  
2 tbsp shawarma seasoning (see Cook's tip page 25)  
250ml (1 cup) hot, salt-reduced chicken stock  
200g couscous  
50g (¼ cup) dried apricots  
1 tbsp olive oil  
Juice of ½ lemon, plus wedges, to serve  
3 tbsp flaked almonds  
Chopped coriander, to serve  
130g (½ cup) natural yoghurt sprinkled with shawarma seasoning (optional)  
240g green beans, steamed, to serve

**1** Put the chicken in a microwave-safe dish measuring about 24 x 18cm. Coat the chicken with the shawarma seasoning. Ensure the chicken is in an even layer. Pour 100ml of the chicken stock into the dish until it comes about one-third of the way up the chicken. Cover and cook on High/100% for 5 minutes. Make sure the internal temperature of the chicken has reached at least 75°C (using a probe thermometer).

**2** Sprinkle the couscous into the chicken. Stir well. Pour over the remaining 150ml stock. Scatter over the apricots. Cover again and cook for a further 2 minutes. Set aside for 3 minutes.

**3** Drizzle the oil over the chicken. Squeeze in some lemon juice to taste. Scatter over the flaked almonds and chopped coriander. Serve with steamed beans, lemon wedges and shawarma-seasoned yoghurt, if you like.

### NUTRITIONAL INFO

**PER SERVE** 1870kJ (447Cal),  
**protein** 29g, **total fat** 15g (sat. fat 3g), **carbs** 46g, **fibre** 6g, **sodium** 235mg • **Carb exchanges** 3 • **GI estimate** medium

## gadgets



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## RICE COOKER COCONUT RICE

**PREP** 5 MINS **COOK** 30 MINS  
**SERVES** 12 (AS A SIDE)

500g (2½ cups) basmati rice  
1 tbsp olive oil  
400g can light coconut milk  
Toasted coconut flakes, to serve (optional)

**1** Rinse the rice in a sieve or colander until the water is much less cloudy.

**2** Tip the rice and oil into the rice cooker. Pour in the coconut milk. Fill up the can from the coconut milk with water and pour over the rice.

**3** Cook the rice on the correct setting for long grain white rice, for one cycle of your rice cooker.

**4** Top the rice with the toasted coconut flakes, if you like.

### NUTRITIONAL INFO

**PER SERVE** 755kJ (181Cal),  
**protein** 3g, **total fat** 4g (sat. fat 2g), **carbs** 32g, **fibre** 0g, **sodium** 5mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 94

*Fried eggs with chilli, beans & rice Recipe, page 33*



*Salmon & soft-boiled egg salad Recipe, page 33*



*Eggs Florentine Recipe, page 33*





# THAT'S SO EGGS-TRA!



Loaded with vitamins, minerals, protein, good fats...  
the list goes on! Start your day with this breakfast go-to or  
add them to fresh summer lunches



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## BAKED EGGS WITH CAPSICUM & YOGHURT

PREP 10 MINS COOK 25 MINS

SERVE 2 (AS A MAIN)

2 tsp olive oil  
1 brown onion, halved and sliced  
Pinch chilli flakes  
4 pieces roasted red peppers from a jar, sliced  
1 tsp smoked paprika  
400g can cherry tomatoes  
2 x 60g eggs  
4 tbsp reduced-fat natural yoghurt  
½ small clove garlic, crushed  
Handful flat-leaf parsley, roughly chopped  
1 wholemeal sourdough roll, torn into two pieces, or gluten-free bread, to serve

1 Heat the oil in an ovenproof frying pan over medium heat. Add the onion and cook,

stirring occasionally, for 8-10 minutes or until soft. Add the chilli flakes, peppers, paprika and tomatoes with their juices. Stir well. Simmer for 10 minutes.

2 Preheat oven to 160°C (fan-forced). Make two dents in the sauce and crack an egg into each. Bake in the oven for 10 minutes.

3 Meanwhile, mix the yoghurt, garlic and parsley in a bowl. Season with freshly ground black pepper. Serve the baked eggs with the yoghurt and bread.

### NUTRITIONAL INFO

PER SERVE 1630kJ (390Cal), **protein** 18g, **total fat** 12g (sat. fat 3g), **carbs** 47g, **fibre** 8g, **sodium** 431mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

Omit the crusty bread and serve each portion with a slice of toasted Burgen Lower Carb High Protein Bread.

### NUTRITIONAL INFO

PER SERVE 1500kJ (359Cal), **protein** 23g, **total fat** 17g (sat. fat 3g), **carbs** 21g, **fibre** 13g, **sodium** 254mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**





## SALMON & SOFT-BOILED EGG SALAD

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A MAIN)

3 x 60g eggs  
100g salt-reduced smoked salmon  
2 large handfuls watercress or baby spinach leaves  
1 slice wholegrain bread or gluten-free wholegrain bread, per person, to serve

### DRESSING

2 tbsp reduced-fat natural yoghurt  
1 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise  
1 tsp wholegrain mustard or gluten-free mustard  
1 tbsp chopped dill  
1 tbsp chopped tarragon  
Juice ½ lemon

**1** To make the dressing, put all the ingredients in a small bowl. Season with freshly ground black pepper. Whisk to combine.

**2** Cook the eggs in a small saucepan of boiling water for 8 minutes. Rinse under cold water until cool.

**3** Divide the salmon and watercress between two plates. Peel and quarter the eggs, then add these to the plates. Give the dressing another mix and drizzle over. Serve with the bread.

### NUTRITIONAL INFO

**PER SERVE** 1370kJ (328Cal),  
**protein** 28g, **total fat** 15g (sat. fat 4g), **carbs** 18g, **fibre** 3g, **sodium** 590mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**



## FRIED EGGS WITH CHILLI, BEANS & RICE

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A MAIN)

1-2 red chillies, shredded  
4 green shallots, finely shredded  
1 clove garlic, finely chopped  
3cm piece ginger, peeled and shredded  
2 carrots, peeled and cut into thin sticks  
50g green beans, cut into 3cm pieces  
200g cooked brown basmati rice  
1 tbsp salt-reduced soy sauce or gluten-free soy sauce  
1 tbsp tamarind paste mixed with 1 tbsp water  
½ small bunch coriander, chopped  
2 x 60g eggs

**1** Spray a large non-stick frying pan or wok over medium-high heat. Add the chillies, green shallots, garlic, ginger, carrots and beans. Stir-fry for 3-4 minutes.

**2** Add the rice to the pan. Cook, tossing, for 2 minutes. Add the soy sauce and tamarind paste. Toss to combine. Stir in most of the coriander.

**3** Spray a small non-stick frying pan with cooking spray. Add the eggs and cook for 2-3 minutes, or until cooked to your liking.

**4** Divide the rice between two bowls. Top with an egg and the remaining coriander.

### NUTRITIONAL INFO

**PER SERVE** 1460kJ (349Cal),  
**protein** 15g, **total fat** 6g (sat. fat 2g), **carbs** 53g, **fibre** 10g, **sodium** 541mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**



## EGGS FLORENTINE

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A BREAKFAST)

2 x 60g eggs, at room temperature  
200g baby spinach leaves  
1 wholemeal English muffin or gluten-free muffin, halved  
1 tsp light margarine  
4 tbsp natural Greek yoghurt  
1 tbsp grated parmesan  
2 tbsp grated gruyère  
Pinch ground nutmeg, to serve

**1** Bring a medium saucepan of water to the boil over medium-high heat. Add 1-2 tbsp vinegar and use a spoon to stir to create a whirlpool. Crack one egg into a small bowl and pour into the centre of the whirlpool. Cook for 2-3 minutes or until cooked to your liking. Use a slotted spoon to transfer to a plate lined with paper towel. Repeat with the remaining egg.

**2** Put the spinach and a splash of water in a microwave-safe dish. Cover and cook on High/100% for 1-2 minutes or until the spinach wilts.

**3** Toast the muffin and spread with the margarine.

**4** Heat the yoghurt in a small non-stick frying pan. Whisk in the parmesan and gruyère to make a sauce. Season with freshly ground black pepper.

**5** Top the muffin with some of the spinach. Put a poached egg on top of each muffin half. Spoon over a little of the sauce and finish with a sprinkling of nutmeg.

### NUTRITIONAL INFO

**PER SERVE** 1240kJ (297Cal),  
**protein** 21g, **total fat** 13g (sat. fat 6g), **carbs** 20g, **fibre** 5g, **sodium** 502mg • **Carb exchanges** 1½  
• **GI estimate** medium  
• **Gluten-free option** • **Lower carb**



As ambassador for the Baker Heart and Diabetes Institute, renowned chef Gary Mehigan shares his top summer recipes



# grill MASTER



**Baked Hapuku, Tahini  
& Yoghurt, Zucchini &  
Almonds**

*Recipe, page 36*



HOW OUR  
FOOD WORKS  
FOR YOU  
see page 94

Grilled chicken skewers,  
coriander chutney  
*Recipe, page 36*



## guest chef

GF LC

### BAKED HAPUKU, TAHINI & YOGHURT, ZUCCHINI & ALMONDS

PREP 30 MINS COOK 25 MINS SERVES 4

600g hapuku or snapper fillet, skin on, pin boned  
3 tbs extra-virgin olive oil  
1 tsp fennel seed, crushed  
½ tsp freshly ground black pepper  
2 tsp sumac  
2 zucchini sliced into 1 cm thick rounds  
½ cup blanched almonds, toasted  
1 lemon cut in half

#### TAHINI YOGHURT

1 cup plain thick yoghurt  
2 tbs tahini  
½ clove garlic, finely chopped  
½ lemon juice & zest  
2 tsp extra-virgin olive oil

1 For the tahini sauce, combine the ingredients in a bowl and set aside.

2 Preheat oven to 120°C. Line a baking tray with baking paper. Place hapuku on prepared tray, brush with 1 tablespoon of extra-virgin olive oil and scatter over fennel seeds, pepper and 1 teaspoon sumac.

3 Place a second piece of baking paper over the top and bake for 18-20 minutes or until firm to touch and just cooked through. The hapuku should have an internal temperature of between 46-48°C on a digital thermometer. Meanwhile heat a large frying pan over a high heat.

4 Cook half the zucchini and one lemon half cut-side down for 4 minutes or until golden and lightly charred. Transfer to a baking tray and repeat with the remaining zucchini and lemon.

5 Place into the oven for 5 minutes to warm through. Serve the hapuku scattered with the zucchini and almonds, scorched lemon and tahini yoghurt sauce.

#### NUTRITIONAL INFO

**PER SERVE** 2190kJ (524cal), **protein** 41g, **total fat** 34g (sat. fat 7g), **carbs** 9g, **fibre** 5g, **sodium** 321mg  
• Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

GF LC

### GRILLED CHICKEN SKEWERS, CORIANDER CHUTNEY

PREP 50 MINS COOK 10 MINS SERVES 4

700g skinless chicken breast fillets  
1 brown onion, quartered and separated into petals  
2 green capsicum, cut into 2-3 cm pieces  
2 tbs plain yoghurt  
2 tsp ground coriander  
2 tsp garam masala  
1 clove garlic, grated  
5cm piece ginger, grated  
2 tsp mustard oil (optional)  
1 cup fresh coriander leaves

#### CORIANDER CHUTNEY

1 bunch coriander, sprigs picked  
2 tsp fresh ginger, finely grated  
1 clove garlic, crushed  
3 green cardamom pods, seeds only  
1 tsp cumin seeds  
½ tsp mustard seeds  
1 tsp chilli powder  
10 fresh curry leaves

1 Heat a frying pan over medium heat. Add green cardamom seeds, mustard seeds, chilli and curry leaves and toast until fragrant. Remove from pan and allow to cool. Blanch the coriander in boiling water then refresh in iced water. Drain well and squeeze to remove excess water.

2 Place the blanched coriander leaves, ginger and garlic into a small food processor. Add 1 tablespoon of yoghurt, 2 tablespoons of water. Add toasted spices blend until smooth. Add a little more water if necessary to get a nice sauce-like texture. Set aside.

3 Cut the chicken into 3cm pieces and place into a bowl with the spices and yoghurt. Mix together and marinate for at least ½ hour. Thread the chicken onto the skewers with the green capsicum and onion (if using wooden, soak in warm water for 15 minutes). Brush with ⅓ of the chutney.

4 Heat a BBQ or chargrill pan over medium high heat. Add the skewers and cook for 10 minutes, turning, until charred and cooked through. Alternatively pop into the airfryer at 200°C for 8 minutes or until golden and just cooked

5 Serve with the remaining chutney and a green salad.

#### NUTRITIONAL INFO

**PER SERVE** 1150kJ (275cal), **protein** 43g, **total fat** 6g (sat. fat 1g), **carbs** 9g, **fibre** 6g, **sodium** 102mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb



## COOK'S TIP

I prefer to leave the salsa verde a little coarse to show off the ingredients but if you like, blend until completely smooth.



LC

## STEAK AND GREEN BEAN SALAD WITH SALSA VERDE

**PREP** 30 MINS **COOK** 30 MINS  
**SERVES** 4

700g beef sirloin steaks, fat trimmed  
2 small red onions, cut into quarters  
6 cloves garlic, unpeeled  
2 tsp extra-virgin olive oil  
250g green beans, blanched  
½ cup fresh mint leaves  
½ cup flat parsley leaves  
pepper

### SALSA VERDE

1 clove garlic, peeled  
20g baby capers, soaked for 10 minutes  
4 anchovy fillets  
½ bunch basil, leaves picked  
½ bunch dill, large stalks removed  
1 bunch flat parsley, washed and spun dry

1 slice of white bread  
1 tbsp red wine vinegar  
100ml extra-virgin olive oil  
1 lemon, zest only

1 Remove your steak from the fridge at least 1 hour prior to cooking so it can come to room temperature. This will ensure more even cooking. Preheat oven to 200°C. Line a baking tray with baking paper. Place onions cut-side down on tray and scatter with garlic cloves. Drizzle with 1 teaspoon oil and bake for 30 minutes, turning occasionally, until golden and soft.

2 For the salsa verde, place all the ingredients in a small food processor and whiz until finely chopped. Season to taste. Set aside.

3 Meanwhile, heat remaining oil in a large non-stick frying pan over

high heat. Season the steak, then add to the pan. For a 3cm-thick steak, cook for 2-3 minutes each side, making sure to cook the shorter sides as well, or until meat has an internal temperature of 48-55°C for medium rare. Transfer to a plate and season with pepper. Cover with foil and rest for at least 5 minutes.

4 Toss the blanched beans in 2 tablespoons of salsa verde and transfer to a serving platter. Slice the steak and arrange with the onion and garlic over the beans. Scatter with mint and parsley leaves and serve with the remaining salsa verde.

### NUTRITIONAL INFO

**PER SERVE** 2190kJ (524cal),  
**protein** 47g, **total fat** 32g (sat. fat 6g), **carbs** 10g, **fibre** 6g, **sodium** 497mg • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb**



Don't shove your leftovers to the back of the fridge, we give you  
three tasty ideas that come together in 30 minutes or less

# DINNER TODAY...

Prawn, sugar  
snap pea  
& feta salad  
*Recipe, page  
opposite*





leftovers

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 94

Prawn & chilli  
frittata  
Recipe, page 42

# ...LUNCH TOMORROW



GFO LC

## PRAWN, SUGAR SNAP PEA & FETA SALAD

**PREP** 15 MINS **COOK** 5 MINS  
**SERVES** 2 (AS A MAIN)

100g sugar snap peas, strings removed  
Zest and juice of ½ lemon  
2 tsp Dijon mustard or gluten-free mustard  
1 tsp honey  
2 tbsp olive oil  
Small handful flat-leaf parsley, roughly chopped  
60g rocket leaves  
50g reduced-fat feta, crumbled  
400g leftover prawn, chorizo & zucchini baked rice (see recipe opposite)  
2½ tbsp toasted flaked almonds

**1** Bring a small saucepan of water to a boil. Add the peas and cook for 1 minute. Drain and run them under cold water, then quickly tip into a bowl of iced water. Set aside while you prepare the rest of the salad. (Alternatively, you can keep the peas raw, if you prefer.)

**2** Combine the lemon zest and juice, mustard, honey and oil in a small bowl. Season with freshly ground black pepper. Divide the dressing between two small containers.

**3** Drain the peas and dry thoroughly. Put the peas, parsley, rocket, feta and leftover baked rice into a bowl. Toss well, making sure everything is coated. Divide the rice mixture between two large containers. Sprinkle over the toasted flaked almonds. Pack into a lunchbox and drizzle over the dressing when ready to eat.

### NUTRITIONAL INFO

**PER SERVE** 1910kJ (457Cal), **protein** 22g, **total fat** 35g (sat. fat 7g), **carbs** 17g, **fibre** 6g, **sodium** 704mg • **Carb exchanges** 1 • **GI estimate** medium  
• **Gluten-free option** • **Lower carb**

GFO

## PRAWN, CHORIZO & ZUCCHINI BAKED RICE

**PREP** 20 MINS **COOK** 1 HOUR  
**SERVES** 4 (AS A MAIN; WITH LEFTOVERS FOR 1 LUNCH OPTION)

2 tbsp olive oil  
100g cooking chorizo or gluten-free chorizo, finely chopped  
3 zucchinis, finely chopped  
3 eschalots, roughly sliced  
6 cloves garlic, finely sliced  
1 chilli (deseeded if you prefer less heat), finely chopped  
500g cherry tomatoes  
800g raw king prawns, peeled and deveined  
1 lemon, zested, cut into wedges  
400g basmati rice  
300ml hot, salt-reduced chicken stock or gluten-free stock  
300ml boiling water  
100ml white wine  
Small handful flat-leaf parsley, roughly chopped

### GARLIC MAYONNAISE

4 tbsp 97% fat-free mayonnaise  
1 clove garlic, crushed

**1** Heat 1 tbsp of the oil in a small non-stick frying pan over medium-high heat. Add the chorizo and cook, stirring often, for 5 minutes or until browned. Transfer to a large baking dish. Add the zucchini and eschalots to the pan. Cook, stirring often, for 15-17 minutes or until beginning to brown. Stir in the garlic and chilli and cook, stirring, for 2 minutes or until fragrant. Transfer to the baking dish with the tomatoes. Put the prawns in a bowl and coat with the remaining oil and lemon zest. Season with freshly ground black pepper. Preheat oven to 220°C (fan-forced).

**2** Place the rice in a fine sieve and rinse under cold water until the water runs clear. Add to the baking dish and season with freshly ground black pepper. Pour over the stock, water and wine. Cover with foil and seal well. Bake for 25-30 minutes. Remove the foil and scatter the prawns over. Cover again and cook for a further 5 minutes or until the rice and prawns are cooked and all the liquid has been absorbed. Set aside, covered, for 5 minutes.

**3** Meanwhile, combine the mayonnaise and garlic in a small bowl.

**4** Scatter the parsley over the rice. Reserve 400g of the rice for use in one of the lunch options. Serve the remaining rice with the lemon wedges and garlic mayonnaise on the side.

### NUTRITIONAL INFO

**PER SERVE** 1540kJ (368Cal), **protein** 25g, **total fat** 14g (sat. fat 4g), **carbs** 30g, **fibre** 6g, **sodium** 796mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**





Prawn, chorizo & zucchini  
baked rice

*Recipe, page 40*



**COOK'S TIP**

The rice will keep in an airtight container in the fridge for up to 3 days.





leftovers

GFO LC

## PRAWN & CHILLI FRITTATA

**PREP** 10 MINS **COOK** 20 MINS

**SERVES** 2 (AS A MAIN MEAL)

- 5 x 60g eggs
- ½ cup (coriander, parsley, basil or chives), roughly chopped
- 1 tbsp olive oil
- 1 eschalot, finely chopped
- 1 chilli (deseeded if you prefer less heat), finely chopped
- 1 red capsicum, sliced
- 2 cloves garlic, finely chopped
- 300g leftover prawn, chorizo & zucchini baked rice (see recipe, page 40)
- 2 tbsp pesto or gluten-free pesto (optional)
- 40g mixed salad leaves, to serve

- 1 Put the eggs in a bowl with the herbs. Whisk until combined. Season with freshly ground black pepper. Set aside.
- 2 Heat the oil in a medium non-stick frying pan over medium heat. Stir in the eschalots and chilli. Cook, stirring often, for 4-5 minutes or until the eschalots soften. Stir in the capsicum and cook, stirring, for a further 4-5 minutes. Stir in the garlic. Cook, stirring, for 2 minutes or until fragrant. Add the leftover rice with prawns. Mix until well combined.
- 3 Pour the eggs over the rice mixture and tilt the pan so it spreads all over. Dollop over the pesto, if using, and swirl using the back of a spoon. Cook for 5 minutes, then cover with a lid or metal tray and cook for a few minutes until no raw egg remains.
- 4 Cut the frittata into wedges and serve with salad leaves.

### NUTRITIONAL INFO

**PER SERVE** 1800kJ (431Cal), **protein** 29g, **total fat** 26g (sat. fat 6g), **carbs** 15g, **fibre** 7g, **sodium** 459mg  
• Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb

GFO

## PRAWN FRIED RICE

**PREP** 10 MINS **COOK** 15 MINS

**SERVES** 2 (AS A MAIN)

- 1 tbsp olive oil
- 100g broccolini, trimmed, halved diagonally
- 400g leftover prawn, chorizo & zucchini baked rice (see recipe, page 40)
- 220g can water chestnuts, drained
- Small handful coriander, roughly chopped
- 2½ tbsp unsalted roasted cashews

### SAUCE

- 1½ tbsp sweet chilli sauce or gluten-free sweet chilli sauce
- 3 tsp salt-reduced soy sauce or gluten-free soy sauce
- 1 tbsp rice vinegar

1 Heat 2 tsp of the oil in a large non-stick frying pan over medium-high heat. Add the broccolini. Cook, stirring often, for 5 minutes or until browned. Transfer to a plate.

2 Meanwhile, fish the prawns out of the rice and set aside. Combine the sauce ingredients in a bowl.

3 Drizzle the remaining oil into the pan and stir in the leftover rice. Leave undisturbed for 5 minutes. Mix the prawns back in with the broccolini and water chestnuts. Cook for 1-2 minutes. Stir in the sauce and coriander. Scatter with the cashews and serve.

### NUTRITIONAL INFO

**PER SERVE** 1560kJ (373Cal), **protein** 14g, **total fat** 21g (sat. fat 4g), **carbs** 29g, **fibre** 6g, **sodium** 866mg  
• Carb exchanges 2 • GI estimate medium  
• Gluten-free option



**Prawn fried rice**  
*Recipe, page opposite*







# COSY vegan

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 94



**Popular Instagram foodie and founder of Glow Diaries Liz Douglas has spent the past few years creating vegan recipes online – here, she shares two of her favourites from her cookbook, *Cosy Vegan***

## MILDLY SPICED SHEPHERD'S PIE

**TOTAL TIME:** 1 HOUR 45 MINUTES  
**SERVES** 6

¾ cup textured vegetable protein  
½ tsp plant-based beef stock powder  
1 cup boiling water  
1 tbsp olive oil  
1 large brown onion, finely diced  
1 large carrot, peeled and finely diced  
1 celery stalk, finely sliced  
2 tsp curry powder  
½ tsp vegetable stock powder  
½ tsp dried rosemary  
½ tsp dried thyme  
3 bay leaves  
1 tbsp soy sauce  
3 tbsp Worcestershire sauce  
½ cup tomato paste  
400g canned lentils, drained and rinsed  
¼ cup flour  
3 cups water  
1 cup frozen peas

### MASHED POTATO TOPPING

1.4kg white potatoes, peeled and cut into 2.5cm chunks  
¼ cup unsweetened plant-based milk  
¼ cup nutritional yeast  
1 tbsp plant-based butter or margarine  
olive oil spray

1 Preheat the oven to 180°C (160°C fan-forced). Put the textured vegetable protein (TVP) in a small bowl with the beef stock powder and cover with the boiling water.

Stir, then set aside to absorb for 5 minutes. Put the olive oil in a large frying pan over medium heat and sauté the onion, carrot and celery for 5-7 minutes until the onion is translucent and the celery and carrot have begun to soften. Add the curry powder, vegetable stock powder, rosemary, thyme and bay leaves and stir for 1 minute until fragrant. Add the soy sauce, Worcestershire sauce, tomato paste, rehydrated TVP and lentils, stirring well to combine. Stir through the flour, then add the water and bring to a boil. Reduce the heat to low and simmer for 25 minutes, stirring occasionally.

2 After 25 minutes, the sauce should have a thick, gravy-like consistency. Taste and add pepper if desired. Stir through the frozen peas and transfer to a 2-litre capacity baking dish. Smooth the top and set aside while you prepare the topping.

3 For the mashed potato topping, place the potatoes in a large saucepan of water and bring to a boil over high heat. Leave to boil for 10 minutes or until potatoes have softened and can be pierced with a fork. Drain potatoes and return them to the saucepan. Add the milk, nutritional yeast and butter, and mash well until smooth and no lumps remain. Dollop the mashed potatoes on top of the filling and gently spread to form an even layer. Run a fork over the top of the

mashed potato to add a rough finish – this will help it go nice and crispy in the oven. Lightly spray the mashed potato with olive oil.

4 Bake in the oven for 30 minutes, then change the setting to grill and move to the top rack for 5-10 more minutes until the top turns golden and has brown, crispy highlights.

5 Stand for 10 minutes before serving. Leftovers can be kept in an airtight container in the refrigerator for up to four days. This also freezes well for up to two months.

### NUTRITIONAL INFO

**PER SERVE** 1500kJ (358Cal), protein 17g, total fat 8g (sat. fat 2g), carbs 48g, fibre 11g, sodium 695mg • Carb exchanges 3  
• GI estimate high



*Cosy Vegan* by Liz Douglas, Affirm Press, RRP \$39.99





## BREAKFAST BERRY CHIA BARS

**TOTAL TIME:** 40 MINUTES **MAKES** 12 (AS A SNACK)

2 tbsp ground flaxseed  
6 tbsp water  
1 medium overripe banana, mashed  
2 tbsp maple syrup  
¼ cup unsweetened plant-based milk  
1 tsp vanilla extract  
1½ cups rolled oats  
1 tsp baking powder  
1 tsp cinnamon  
2½ cups frozen berries (strawberries, raspberries, blueberries or a mix)  
2 tbsp chia seeds

### CRUMBLE TOPPING

½ cup quick oats  
¼ cup almond meal  
¼ cup walnuts or pecans, finely chopped  
2 tbsp coconut oil, melted  
1 tbsp coconut sugar  
½ tsp cinnamon

**1** Preheat the oven to 180°C (160°C fan-forced) and line a 20 × 20cm square baking tin with baking paper. In a small bowl, combine the ground flaxseed with the water. Leave for 5 minutes until it becomes thick and gelatinous.

**2** In a large mixing bowl, mash the banana. Add the flaxseed mixture, maple syrup, milk and vanilla extract and mix to combine. Add the rolled oats, baking powder, cinnamon and mix again until combined.

**3** Transfer the mixture to the lined baking tin and press down with the back of a spoon to flatten. Bake in the oven for 15 minutes.

**4** Put the berries in a small pot and simmer over medium heat for 3-4 minutes or until they start to release their juices. Turn off the heat and stir through the chia seeds.

**5** Wipe out the first mixing bowl and add all crumble topping ingredients, mixing to combine. It will have a very dry and coarse texture.

**6** Remove the base from the oven and top with the berry mixture then the crumble topping. Bake for 10 minutes or until crumble is a light golden brown.

**7** Leave to cool in the pan for 15 minutes before slicing into twelve bars. Store in an airtight container in the refrigerator for up to five days.

### NUTRITIONAL INFO

**PER SERVE** 687kJ (164Cal), **protein** 4g, **total fat** 9g (sat. fat 3g), **carbs** 15g, **fibre** 4g, **sodium** 33mg  
• **Carb exchanges** 1 • **GI estimate** low





vegan



focus

Herby greens & pecorino risotto Recipe, page 50

# RISOTTO

## *round-up*



Cheddar & shallot risotto with balsamic tomatoes Recipe, page 52



It's the savoury cousin to a warm bowl of porridge and feels just like a comforting hug – we love how the flavours deliciously infuse together in risotto





**GFO**

## HERBY GREENS & PECORINO RISOTTO

**PREP** 10 MINS **COOK** 40 MINS  
**SERVES** 2 (AS A MAIN)

500ml (2 cups) salt-reduced vegetable stock or gluten-free stock  
 400ml water  
 125g asparagus spears, woody ends trimmed, cut into 2-3 pieces each  
 1½ tbsp light margarine  
 1 tbsp olive oil  
 1 brown onion, finely chopped  
 150g risotto rice  
 75g (½ cup) fresh or frozen peas  
 50g baby spinach leaves, chopped  
 40g (⅓ cup) grated pecorino or parmesan, plus extra, to serve  
 1 tbsp finely chopped chives  
 1 tbsp chopped mint  
 Zest of 1 lemon

**1** Heat the stock and water in a medium saucepan until simmering. Add the asparagus to the stock and cook for 30 seconds. Use a slotted spoon to transfer the asparagus to a colander.

**2** Melt half the margarine and the oil in a large, deep, frying pan. Add the onion and cook, stirring often, for 8-10 minutes or until the onion is very soft. Add the rice and cook, stirring, for 2 minutes or until the rice is glossy.

**3** Add the stock, a ladleful at a time, stirring until the rice is just tender (it should have a bite, but not be chalky). Add the peas, spinach and asparagus and cook, stirring, for 1 minute. Stir in the remaining margarine, the pecorino, chives, mint and lemon zest. Season with freshly ground black pepper. Remove the pan from the heat and set aside for 3 minutes. Divide the risotto between serving bowls. Sprinkle with the extra cheese and serve.

### NUTRITIONAL INFO

**PER SERVE** 2320kJ (555Cal), **protein** 18g, **total fat** 22g (sat. fat 9g), **carbs** 67g, **fibre** 7g, **sodium** 932mg • **Carb exchanges** 4½ • **GI estimate** high  
 • **Gluten-free option**

**GFO**

## SEAFOOD RISOTTO

**PREP** 20 MINS **COOK** 40 MINS **SERVES** 3 (AS A MAIN)

2 tbsp extra virgin olive oil  
 1 fennel bulb, finely chopped  
 2 cloves garlic, thinly sliced  
 ½ tsp fennel seeds  
 2 tsp no-added-salt tomato paste  
 200g arborio rice  
 150ml white wine  
 750ml (3 cups) salt-reduced chicken stock or gluten-free stock  
 500ml (2 cups) boiling water  
 150g cherry tomatoes, halved  
 150g mussels or clams  
 150g cleaned squid hood, cut into 1cm-thick rings  
 150g raw peeled prawns, butterflied  
 60g (½ cup) finely grated parmesan  
 2 tbsp light margarine  
 Squeeze fresh lemon juice, plus extra lemon wedges, to serve  
 Small handful flat-leaf parsley

### SALAD

60g rocket leaves  
 1 small avocado, chopped  
 Drizzle fresh lemon juice

**1** Heat the oil in a large, deep non-stick saucepan over medium heat. Add the fennel and cook, stirring occasionally, for 15 minutes or until the fennel starts to caramelise. Add the garlic and fennel seeds and cook, stirring, for 1 minute. Stir in the tomato paste. Cook, stirring, for 2 minutes. Add the rice and cook, stirring, for 2 minutes or until all the rice grains are coated in oil and begin to toast slightly. Pour in the wine and simmer for 2 minutes.

**2** Put the stock and water in a small saucepan and heat over medium heat until just under a simmer. Add a ladleful of the hot stock to the rice, stirring constantly and only adding more once the previous batch has been absorbed. Cook for 15 minutes, then taste the rice. It should be nearly cooked, but still a little chalky.

**3** Add the tomatoes, mussels, squid and prawns, to the pan. Cook gently until the mussels open and the prawns turn pink, adding more stock so the risotto stays saucy.

**4** Add the parmesan, margarine and lemon juice to the pan. Season with freshly ground black pepper. Set aside, covered, for 2-3 minutes. Spoon into shallow bowls, scatter over the parsley and serve with the lemon wedges for squeezing over.

**5** Toss the salad ingredients and serve with the risotto.



**NUTRITIONAL INFO**

**PER SERVE** 2340kJ (560Cal), **protein** 32g, **total fat** 24g (sat. fat 8g), **carbs** 45g, **fibre** 5g, **sodium** 1180mg • **Carb exchanges** 3 • **GI estimate** high • **Gluten-free option**



**Seafood risotto**  
*Recipe, page opposite*



GFO

## CHEDDAR & SHALLOT RISOTTO WITH BALSAMIC TOMATOES

PREP 10 MINS COOK 40 MINS

SERVES 3 (AS A MAIN)

25g light margarine  
6 green shallots, chopped  
150g arborio rice  
60ml (¼ cup) white wine  
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock  
250ml (1 cup) water  
½ tsp Dijon mustard or gluten-free mustard  
100g reduced-fat vintage cheddar, grated  
1 tbsp olive oil  
100g cherry tomatoes  
Drizzle balsamic vinegar  
Small bunch basil, chopped  
2 bunches broccolini, steamed, to serve  
240g green beans, steamed, to serve

1 Melt the margarine in a medium saucepan over medium heat. Add the green shallots and cook, stirring, for 4-5 minutes or until the shallots soften. Add the rice and cook, stirring, for 2 minutes. Pour in the wine, if using, and simmer until absorbed.

2 Meanwhile, put the stock and water in a small saucepan and heat over medium heat until just under a simmer.

3 Slowly stir in the stock, a little at a time, waiting until it's been absorbed before adding more. Repeat until the rice is creamy and tender (you might not use all the stock, or you may need more if it's too thick).

4 Heat the oil in a small non-stick frying pan over medium-high heat. Add the tomatoes and cook, stirring, for 3-4 minutes or until they start to burst. Season with freshly ground black pepper.

5 Stir the mustard and cheese into the risotto. Season with freshly ground black pepper. Spoon into warmed bowls and top with the tomatoes, a drizzle of balsamic vinegar and some basil. Serve with the steamed vegetables.

### NUTRITIONAL INFO

**PER SERVE** 1960kJ (469Cal), **protein** 21g, **total fat** 19g (sat. fat 8g), **carbs** 47g, **fibre** 7g, **sodium** 742mg  
• **Carb exchanges** 3 • **GI estimate** high  
• **Gluten-free option**

GFO

## CHICKEN & MUSHROOM RISOTTO

PREP 15 MINS COOK 35 MINS

SERVES 4 (AS A MAIN)

60g light margarine  
1 large brown onion, finely chopped  
2 thyme sprigs, leaves picked  
250g Swiss brown or button mushrooms, sliced  
300g arborio rice  
1.5L (6 cups) salt-reduced chicken stock or gluten-free stock  
200g cooked skinless and boneless chicken breast fillets, chopped into chunks  
40g (⅓ cup) grated parmesan, plus 2 tbsp extra, to serve (optional)  
½ bunch flat-leaf parsley, finely chopped

### SALAD

120g rocket leaves  
1 large cucumber, sliced  
210g snow peas, trimmed, diagonally sliced  
Drizzle balsamic glaze

1 Heat the margarine in a large saucepan over low heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion is very soft. Add the thyme leaves and mushrooms. Cook, stirring often, for 5 minutes. Add the rice and cook, stirring, for 1 minute.

2 Meanwhile, put the stock and water in a small saucepan and heat over medium heat until just under a simmer.

3 Slowly stir in the stock, a little at a time, waiting until it's been absorbed before adding more. Repeat until the rice is creamy and tender (you might not use all the stock, or you may need more if it's too thick).

4 To make the salad, toss the salad ingredients together. Drizzle the balsamic glaze over just before serving.

5 When most of the stock has been absorbed and the rice is nearly cooked, add the chicken and stir to warm through. Season well with freshly ground black pepper. Stir in the parmesan and parsley. Sprinkle with extra parmesan and serve with the salad.

### NUTRITIONAL INFO

**PER SERVE** 2230kJ (533Cal), **protein** 32g, **total fat** 14g (sat. fat 7g), **carbs** 65g, **fibre** 6g, **sodium** 802mg  
• **Carb exchanges** 4½ • **GI estimate** medium  
• **Gluten-free option**





Chicken &  
mushroom  
risotto

*Recipe, page  
opposite*



**staple solutions**



**Hot smoked trout  
& chive frittata**  
*Recipe, page 64*





easy

Add a few fresh ingredients to pantry stalwarts (pasta, spices and tinned vegies) to create simple dinners

WINS

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 94



Chargrilled zucchini  
& bacon pasta  
*Recipe, page 58*





Peri-peri chicken  
with herb coleslaw

GFO LC

## PERI-PERI CHICKEN WITH HERB COLESLAW

**PREP** 20 MINS (+ MARINATING) **COOK** 35 MINS  
**SERVES** 4 (AS A MAIN)

8 x 125g skinless chicken thigh fillets, trimmed of fat  
½ small (200g) white cabbage, shredded  
4 carrots, shredded  
1 red onion, finely sliced  
3 tbsp 97% fat-free mayonnaise or gluten-free  
mayonnaise  
2 tbsp white wine vinegar  
Small bunch coriander, chopped

### PERI-PERI MARINADE

4 red chillies, finely chopped  
Juice of 2 limes  
2 cloves garlic, crushed  
1 tsp ground coriander  
1 tsp ground cinnamon  
1 tsp ground ginger

**1** Put all the marinade ingredients in a shallow dish. Stir to combine. Add the chicken and turn to coat in the marinade. Cover and put in the fridge for at least 15 minutes, or 4 hours, if possible.

**2** Put the cabbage, carrots and onion in a bowl. Combine the mayonnaise and vinegar in a small bowl. Add to the vegetables and toss to combine.

**3** Preheat oven to 180°C (fan-forced). Put the chicken on a rack over a roasting tin and roast for 30-40 minutes or until cooked through.

**4** Toss the coriander with the coleslaw and serve with the chicken.

## NUTRITIONAL INFO

**PER SERVE** 1710kJ (409Cal), **protein** 49g, **total fat** 13g (sat. fat 4g), **carbs** 18g, **fibre** 10g, **sodium** 345mg  
• **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

## SPICY CAULI STEAK BURGERS

**PREP** 20 MINS **COOK** 10 MINS  
**SERVES** 4 (AS A MAIN)

½ cucumber, thinly sliced  
1 tbsp white wine vinegar  
1 tsp sugar  
1 medium (about 400g) cauliflower  
2 tsp ground cumin  
1 tsp smoked paprika  
2 tbsp plain flour, seasoned  
100g dried white breadcrumbs or gluten-free  
breadcrumbs  
2 x 60g eggs, whisked  
1 tbsp olive oil  
4 x 60g ciabatta rolls or gluten-free rolls, toasted  
and split  
4 tbsp hommus  
Small handful rocket leaves  
1 small red capsicum, sliced  
Chilli sauce, to serve (optional)

**1** Toss the cucumber with the vinegar and sugar in a non-metallic bowl. Set aside to pickle while you prepare the burgers.

**2** Put the cauliflower stalk-end down on a chopping board. Trim the ends off two sides, then cut the remainder into 2cm slices through the root to make four 'steaks'. Trim them slightly if they're bigger than the rolls.

**3** Combine the cumin, paprika and flour in a shallow bowl. Put the breadcrumbs into a second shallow bowl. Dust each cauli steak in the flour, then dip in the whisked egg and finally coat in the breadcrumbs. Heat the oil in a large non-stick frying pan over medium heat. Add the cauliflower steaks and cook for 5 minutes on each side until crisp.

**4** Spread the rolls with hommus. Top each roll with the rocket, a capsicum slice, cauli steak and some pickled cucumber. Drizzle over a little chilli sauce, if you like. Put on the bun tops and serve.



**NUTRITIONAL INFO**

**PER SERVE** 1960kJ (469Cal),  
**protein** 19g, **total fat** 15g (sat. fat  
2g), **carbs** 60g, **fibre** 8g, **sodium**  
844mg • **Carb exchanges** 4 • **GI**  
**estimate** high • **Gluten-free option**

**Spicy cauli steak burgers**  
*Recipe, page opposite*





## staple solutions

GFO LCO

### CHARGRILLED ZUCCHINI & BACON PASTA

PREP 10 MINS COOK 20 MINS SERVES 2 (AS A MAIN)

150g dried fusilli or penne pasta or gluten-free legume pasta  
2 zucchini, halved and diagonally sliced into 1cm-thick slices  
2 tbsp olive oil  
4 rashers lean short cut bacon, chopped  
2 cloves garlic, thinly sliced  
Pinch chilli flakes (optional)

1 Cook the pasta in a large saucepan of boiling water, following pack instructions.

2 Meanwhile, toss the zucchini in 1 tbsp olive oil. Season with freshly ground black pepper. Heat a chargrill pan over high heat. Add the zucchini in batches and cook for 3-4 minutes, turning occasionally, until tender and charred on both sides. Once cooked, transfer the zucchini to a bowl. Cover with a plate and set aside to keep warm.

3 Heat the remaining oil in a medium non-stick frying pan over medium heat. Add the bacon and cook, stirring often, for 3-4 minutes or until crisp and golden. Add the garlic and reduce heat to low. Cook, stirring, for 2 minutes. Stir in the chilli flakes, if using.

4 Drain the pasta, reserving a mugful of the cooking water. Tip the cooked pasta and zucchini into the frying pan along with 2 tbsp of the reserved cooking water. Toss everything together. Season well with freshly ground black pepper. Serve.

#### NUTRITIONAL INFO

PER SERVE 2260kJ (541Cal), protein 24g, total fat 23g (sat. fat 4g), carbs 55g, fibre 5g, sodium 881mg • Carb exchanges 3½ • GI estimate low • Gluten-free option

#### LOWER-CARB OPTION

Replace the fusilli with 150g Slender Soybean Fettucine, prepared following packet instructions.

#### NUTRITIONAL INFO

PER SERVE 1530kJ (366Cal), protein 26g, total fat 25g (sat. fat 5g), carbs 6g, fibre 9g, sodium 881mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

GFO LCO

### CREAMY TOMATO & BASIL RIGATONI BAKE

PREP 10 MINS COOK 35 MINS SERVES 4 (AS A MAIN)

30g light margarine  
2 cloves garlic, crushed  
1 brown onion, grated  
2 x 400g cans no-added-salt chopped tomatoes  
1 tsp brown sugar  
Small bunch basil, chopped  
200g dried rigatoni or penne or gluten-free legume pasta  
100ml Philadelphia Light Cream for Cooking  
40g (⅓ cup) finely grated parmesan  
60g mixed salad leaves, to serve

1 Heat the margarine in a large non-stick frying pan over low heat. Add the onion and garlic and cook, stirring occasionally, for 10 minutes or until the onion is soft. Add the chopped tomatoes and sugar. Cook for a further 15 minutes or until the sauce thickens and reduces by about a third. Stir in the basil. Season with freshly ground black pepper.

2 Meanwhile, preheat oven to 180°C (fan-forced). Cook the pasta in a large saucepan of boiling water, following packet instructions. Drain well.

3 Stir the cream into the tomato sauce. Add the parmesan and cooked pasta. Stir well to combine. Spray a 20 x 30cm baking dish with cooking spray. Spoon in the pasta mixture. Bake for 10 minutes or until bubbling. Serve with a salad leaves.

#### NUTRITIONAL INFO

PER SERVE 2190kJ (524Cal), protein 28g, total fat 23g (sat. fat 15g), carbs 51g, fibre 7g, sodium 566mg • Carb exchanges 3½ • GI estimate low • Gluten-free option

#### LOWER-CARB OPTION

Omit the sugar and use a small onion. In place of the rigatoni, use 200g Atkins Low carb penne, prepared following packet instructions.

#### NUTRITIONAL INFO

PER SERVE 2130kJ (510Cal), protein 46g, total fat 23g (sat. fat 16g), carbs 26g, fibre 12g, sodium 587mg • Carb exchanges 1½ • GI estimate low • Lower carb



**Creamy tomato & basil rigatoni bake** *Recipe, opposite*







Mushroom  
dhansak

## MUSHROOM DHANSAK

**PREP** 10 MINS **COOK** 35 MINS  
**SERVES** 4 (AS A MAIN)

100g dried red lentils  
1 large brown onion, chopped  
400g can no-added-salt chopped tomatoes  
1 tsp ground turmeric  
1 tbsp olive oil  
500g Swiss brown or button mushrooms, halved  
2 tsp ground cumin  
1½ tsp ground coriander  
4 cardamom pods, squashed  
1 tbsp ginger, finely grated  
4 cloves garlic, crushed  
1 red chilli, sliced  
Small bunch coriander, chopped  
2 tbsp reduced-fat natural yoghurt  
105g (½ cup) basmati rice, cooked, to serve  
4 Simson's Pantry Mini Naan, heated following packet directions, to serve

1 Put the lentils, onion, tomatoes and turmeric in a medium

saucepan. Add enough water to cover by 2cm. Cover and bring to a simmer over medium heat. Reduce heat to low and simmer gently for 20 minutes or until the lentils are tender.

2 Heat the oil in a separate non-stick frying pan over medium-high heat. Add the mushrooms and cook, stirring often, for 7-8 minutes until golden brown all over and any liquid in the pan has been reabsorbed. Add the cumin, coriander and cardamom pods. Cook, stirring, for 2 minutes. Add the ginger, garlic and chilli. Cook, stirring, for 2 minutes. Add the tomato and lentil mix and 200ml water. Simmer, stirring occasionally, for 20 minutes. Stir in the coriander and yoghurt. Serve with rice and naans.

### NUTRITIONAL INFO

**PER SERVE** 1790kJ (428Cal),  
**protein** 18g, **total fat** 10g (sat. fat 2g), **carbs** 60g, **fibre** 10g, **sodium** 214mg • **Carb exchanges** 4  
• **GI estimate** medium

LC

## SPANAKOPITA

**PREP** 20 MINS **COOK** 40 MINS  
**SERVES** 4 (AS A MAIN)

500g baby spinach leaves, chopped  
2 tbsp olive oil, plus extra for oiling, and 3 tbsp to brush the pastry  
2 leeks, halved lengthways and sliced  
½ bunch green shallots, sliced  
180g reduced-fat feta, crumbled  
Handful dill, chopped  
150g filo pastry (about 6 sheets)

1 Put the spinach in a large colander and pour over boiling water to wilt. Drain and leave to cool. Tip the spinach leaves onto a clean tea towel or pieces of paper towel and squeeze out as much water as possible.

2 Heat 2 tbsp oil in a small non-stick frying pan over medium-low heat. Add the leeks and green shallots. Cook, stirring, for 6-7 minutes or until the leeks are very soft. Season with freshly ground black pepper. Tip the mixture into a bowl to cool. Once cooled, add the spinach, feta and dill. Mix to combine.

3 Spray a 20 x 20cm baking tin. Spray four of the filo sheets with cooking spray. Use the filo to line the tin, leaving some of the pastry overhanging the rim. Tip in the filling. Cut the remaining filo sheets in half, spray with cooking spray and drape over the top. Bring in the overhanging edges to enclose the filling and seal. Lightly score the top into four quarters, but don't cut all the way through the pastry.

4 Preheat oven to 170°C (fan-forced). Bake the pie for 30-35 minutes, or until deep golden brown. Serve just warm or at room temperature with a salad.



## staple solutions

### NUTRITIONAL INFO

**PER SERVE** 1500kJ (359Cal),  
**protein** 21g, **total fat** 18g (sat. fat  
6g), **carbs** 25g, **fibre** 7g, **sodium**  
843mg • **Carb exchanges** 1½  
• **GI estimate** low • **Lower carb**



**Spanakopita**

*Recipe, opposite*





Meatballs with tomato & green olive sauce

## COOK'S TIP

Once cool, the sauce will keep frozen for up to three months.

tomato sauce. Add the meatballs and olives. Simmer for 15-20 minutes or until the meatballs are cooked through.

**5** Meanwhile, cook the pasta in a large saucepan of boiling water following packet directions.

**6** Stir the basil into the meatballs and serve with the pasta.

## NUTRITIONAL INFO

**PER SERVE** 2410kJ (512Cal), **protein** 35g, **total fat** 23g (sat. fat 7g), **carbs** 58g, **fibre** 7g, **sodium** 425mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

## LOWER-CARB OPTION

Replace the tagliatelle with 250g Slendier Soybean fettuccine, prepared following packet instructions.

## NUTRITIONAL INFO

**PER SERVE** 1770kJ (423Cal), **protein** 36g, **total fat** 24g (sat. fat 8g), **carbs** 15g, **fibre** 11g, **sodium** 398mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

GFO LCO

## MEATBALLS WITH TOMATO & GREEN OLIVE SAUCE

**PREP** 10 MINS **COOK** 35 MINS  
**SERVES** 4 (AS A MAIN)

400g lean pork mince  
1 small red onion, grated or finely chopped  
Pinch chilli flakes  
½ tsp fennel seeds, crushed  
4 tbsp grated parmesan

### TOMATO & OLIVE SAUCE

2 tbsp olive oil  
3 cloves garlic, sliced  
2 x 400g cans no-added-salt chopped tomatoes  
4 cloves  
12 green olives, pitted and quartered  
Small bunch basil, shredded  
250g dried tagliatelle or fettuccini

**1** To make the sauce, heat oil in a medium saucepan over medium heat. Add the garlic and cook, stirring, for 2 minutes. Add the tomatoes and cloves. Simmer, stirring occasionally, for 10 minutes, squashing the tomatoes slightly.

**2** Put the pork mince, onion, chilli flakes, fennel seeds and parmesan in a bowl. Season with freshly ground black pepper. Use clean hands to mix until well combined. Shape into walnut-sized balls.

**3** Heat the remaining oil in a large non-stick frying pan over medium-high heat. Add the meatballs and cook, turning occasionally until browned all over.

**4** Remove the cloves from the



## staple solutions

Gnocchi with peas,  
pesto & spinach  
*Recipe, page 64*





## staple solutions

GFO LC

### HOT SMOKED TROUT & CHIVE FRITTATA

PREP 10 MINS COOK 15 MINS  
SERVES 2 (AS A MAIN)

1 large (180g) Zerella Spud Lite Potato, halved and sliced  
20g light margarine  
6 x 60g eggs, whisked  
Small bunch chives, finely sliced  
125g hot smoked trout or salmon, any skin removed, flaked  
1 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise  
1 tsp red wine vinegar  
1 Little Gem lettuce, leaves separated

1 Cook the potato slices in a saucepan of boiling water for 5–7 minutes or until just tender. Drain well. Preheat grill on medium.

2 Heat the margarine in a small non-stick frying pan over medium heat. Whisk the eggs. Season with freshly ground black pepper. Add the potatoes, half the chives and the trout or salmon. Stir to coat in the egg. Pour the egg and potato mixture into the pan and cook undisturbed for 1 minute. Continue to cook, drawing in the sides to let the uncooked egg get to the edges. When the base is almost set, put under the preheated grill for 3 minutes or until the top is set and golden. Cut the frittata into wedges.

3 Whisk the mayonnaise with the vinegar, 2 tsp water and the remaining chives. Season. Mix with the lettuce and serve with the frittata wedges.

#### COOK'S TIP

You can replace the trout or salmon with canned tuna or mackerel.

#### NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal),  
protein 39g, total fat 30g (sat. fat 8g), carbs 14g, fibre 3g, sodium 840mg • Carb exchanges 1  
• GI estimate medium • Gluten-free option • Lower carb

GFO

### GNOCCHI WITH PEAS, PESTO & SPINACH

PREP 5 MINS COOK 10 MINS  
SERVES 4 (AS A MAIN)

100g baby spinach leaves, chopped  
200g frozen peas, defrosted  
130g pesto or gluten-free pesto  
6 tbsp reduced-fat Greek yoghurt  
500g gnocchi or gluten-free gnocchi  
Rocket, basil leaves or pea shoots, to serve (optional)

1 Put the spinach and peas in a large non-stick frying pan with a splash of water. Season with freshly ground black pepper. Heat, stirring, over medium heat until the spinach wilts. Add the pesto and yoghurt and cook, stirring, until heated through.

2 Cook the gnocchi in a large saucepan of boiling water following pack instructions. Use a slotted spoon to scoop out the gnocchi and add to the frying pan. Toss together until well combined.

3 Divide the gnocchi between warmed bowls. Top with rocket, basil leaves or pea shoots, if you like.

#### NUTRITIONAL INFO

PER SERVE 2000kJ (478Cal),  
protein 13g, total fat 24g (sat. fat 5g), carbs 46g, fibre 10g, sodium 1060mg • Carb exchanges 3 • GI estimate high  
• Gluten-free option

### CHICKPEA, CAPSICUM & BULGUR WHEAT SALAD

PREP 25 MINS  
SERVES 3 (AS A MAIN)

4 tbsp cracked bulgur wheat  
4 tbsp sultanas  
2 tbsp red wine vinegar  
1 tsp caster sugar  
1 red onion, finely chopped  
1 celery stick, finely chopped  
2 tbsp olive oil  
1 red capsicum, finely chopped  
420g can no-added-salt chickpeas, drained and rinsed  
Handful flat-leaf parsley, chopped  
Handful coriander, chopped  
150g reduced-fat feta, crumbled

1 Put the bulgur wheat and sultanas in a heatproof bowl. Pour over enough boiling water to cover by a few centimetres. Cover with a plate and set aside for 10 minutes.

2 Stir the vinegar and sugar in a large bowl until the sugar dissolves. Add the onion, celery and oil. Season with freshly ground black pepper. Toss to combine. Set aside, stirring occasionally, for 10 minutes.

3 Drain the bulgur wheat and sultanas. Add to the dressing with the capsicum and chickpeas. Toss to combine. Add the parsley, coriander and feta. Toss again.

#### NUTRITIONAL INFO

PER SERVE 1810kJ (433Cal),  
protein 21g, total fat 20g (sat. fat 7g), carbs 35g, fibre 18g, sodium 602mg • Carb exchanges 2½  
• GI estimate low

#### COOK'S TIP

If there are only two of you in the family, use the third portion as a side for another meal, or keep it for lunch the next day.



Chickpea, capsicum  
& bulgur wheat salad  
*Recipe, page opposite*







# good TIDINGS we bring!

You don't have to feel guilty  
about overindulging this  
festive season – we've got your  
Christmas feast sorted, from  
start to finish

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 94

**Garlic roast  
potatoes**  
*Recipe, page 74*



Honey & cinnamon  
carrots

*Recipe, page 74*

Caraway & pomegranate  
red cabbage

*Recipe, page 74*

Roasted garlic  
& herb turkey

*Recipe, page 70*

### COOK'S TIP

The herb margarine will keep chilled for up to three days or frozen for a month.





**Roast beef with  
beetroot chutney**

*Recipe, page 72*







Sauteed broccolini  
with mushrooms  
& stilton  
*Recipe, page 75*



Potato, parsnip &  
horseradish bake  
*Recipe, page 75*





**GF LC**

## ROASTED GARLIC & HERB TURKEY

**PREP** 30 MINS (+ OPTIONAL OVERNIGHT CHILLING &20 MINS RESTING) **COOK** 2 HOURS**SERVES** 8 (AS PART OF A MAIN, WITH LEFTOVERS FOR 1)

1 large garlic bulb

1 tsp olive oil

Small pinch smoked paprika

Small bunch thyme, plus extra sprigs, to serve

50g light margarine

Handful flat-leaf parsley leaves, finely chopped

Zest and juice ½ lemon (reserve lemon after juicing)

2-2.5kg turkey buffe

**1** Preheat oven to 160°C (fan-forced). Cut the top off the garlic bulb, exposing the tops of the cloves. Put on a small square of foil and drizzle with the olive oil. Season with the paprika and lay a thyme sprig on top. Sprinkle with freshly ground black pepper. Scrunch up the foil to enclose the bulb and roast on a baking tray for 25-30 minutes or until soft when pressed. Set aside to cool for a few minutes before removing the foil and papery skin from the bulb. Strip the leaves from the remaining thyme sprigs (reserving the stems) and tip into a bowl. Squeeze in the roasted garlic cloves and add the margarine, parsley, lemon zest and juice. Season well with freshly ground black pepper. Mash everything together to combine.

**2** Scatter the reserved thyme stems and the juiced lemon half into the base of a roasting tin. Place the turkey on top, cavity-side down. Season with freshly ground black pepper. Cover and put in the fridge for up to 24 hours.

**3** Remove the turkey and garlic butter from the fridge 1-2 hrs before roasting to come to room temperature. Preheat oven to 180°C (fan-forced). Use your fingers or a spoon to gently push under the skin of the turkey, making a pocket. Spread most of the garlic butter all over the flesh, beneath the skin, so it completely covers the breast. Spread any remaining butter over the skin. Roast the buffe for 1 hour 15 minutes or up to 1 hour 30 minutes, basting every 30 minutes or so until golden and cooked through – a digital thermometer should read 65°C when inserted into the thickest part of the breast and the juices should run clear when pierced with a knife. Rest for at least 20 minutes before carving.

### NUTRITIONAL INFO

**PER SERVE** 1270kJ (303Cal), **protein** 35g, **total fat** 17g (sat. fat 5g), **carbs** 1g, **fibre** 2g, **sodium** 386mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

**GF LC**

## BARBECUED WHOLE SALMON

**PREP** 20 MINS (+ 10 MINS STANDING) **COOK** 40 MINS**SERVES** 8 (AS PART OF A MEAL WITH LEFTOVERS FOR 6)

1 x 3kg whole salmon, scaled and gutted

1 lemon, thinly sliced

1 bunch thyme

4 stalks rosemary

¼ bunch flat-leaf parsley, trimmed

### TOMATO & BASIL SALSA

4 ripe tomatoes

60g (⅓ cup) pitted kalamata olives, chopped

1 cup basil leaves, torn

1 fresh red birds eye chilli, deseeded, finely chopped

1 clove garlic, crushed

Juice of 1 lime

1½ tbsp balsamic vinegar

**1** Preheat a barbecue on medium. Tear off 8 pieces of foil twice the length of the salmon. Place 4, slightly overlapping on the benchtop. In the opposite direction, overlap other 4 pieces on top.

**2** Place salmon in the middle. Place the lemon, thyme, rosemary and parsley in cavity. Bring up the foil around the fish and fold to seal tightly so juices won't leak.

**3** Barbecue the salmon, turning once, for 30-40 minutes, or until just cooked. It is ready if the flesh flakes when prodded gently with a fork. Transfer the salmon (still wrapped) to a tray. Set aside for 10 minutes.

**4** Meanwhile, to make the salsa, cut half the tomatoes into quarters. Remove and discard seeds. Roughly chop deseeded tomatoes and remaining tomatoes and place in a large bowl. Add the olives, basil, chilli, garlic, juice and vinegar. Toss to combine. Set aside for 10 minutes before serving to allow the flavours to infuse.

**5** To serve, carefully unwrap one side of the salmon and peel back the skin. Top with salsa.

### NUTRITIONAL INFO

**PER SERVE** 1780kJ (426Cal), **protein** 26g, **total fat** 30g (sat. fat 7g), **carbs** 3g, **fibre** 2g, **sodium** 128mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**





Barbecued whole salmon  
*Recipe, page opposite*



## celebrations

GFO LC

### ROAST BEEF WITH BEETROOT CHUTNEY

**PREP** 10 MINS (+ RESTING)

**COOK** 35 MINS

**SERVES** 8 (AS PART OF A MAIN, WITH 1 SERVE LEFTOVER BEEF)

1 kg piece beef eye fillet  
250g (1 cup) beetroot chutney  
or gluten-free chutney  
650g green beans, steamed, to serve

1 Preheat oven to 180°C (fan-forced). Line a medium roasting pan with non-stick baking paper. Spray the beef with cooking spray and season with freshly ground black pepper. Heat a medium non-stick frying pan on medium-high. Add the beef and cook, turning occasionally, for 3-4 minutes or until browned.

2 Transfer the beef to the roasting tin. Roast for 20 minutes. Reduce oven temperature to 160°C (fan-forced). Roast for a further 10 minutes for medium, or until cooked to your liking. Transfer to a carving tray. Cover with foil and set aside for 10 minutes to rest.

3 Carve the beef. Accompany with the beetroot chutney and steamed green beans.

#### NUTRITIONAL INFO

**PER SERVE** 928kJ (222Cal), **protein** 26g, **total fat** 6g (sat. fat 2g), **carbs** 15g, **fibre** 3g, **sodium** 362mg  
• **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option**  
• **Lower carb**

GFO

### VEGETABLE, WALNUT & SAGE LASAGNE

**PREP** 1 HOUR 20 MINS

**COOK** 1 HOUR 50 MINS

**SERVES** 8 (AS A MAIN, WITH LEFTOVERS FOR 1)

2.25L (9 cups) skim milk  
6 bay leaves  
6 leeks, 5 thinly sliced, 1 quartered  
40g light margarine, plus 1 tbsp  
100g (⅔ cup) plain flour or gluten-free plain flour  
Pinch ground nutmeg  
½ tsp ground mace  
200g fresh mozzarella, torn  
1½ tbsp walnut or olive oil  
12 sage leaves, shredded, plus extra, to serve  
400g Savoy cabbage, cut into 2cm strips  
130g kale, thick stalks removed  
80g walnuts, bashed into pieces  
100g parmesan, grated  
15 dried lasagne sheets or gluten-free lasagne sheets

1 To make the white sauce, put the milk in a saucepan with the bay leaves and quartered leek over medium heat. Bring to the boil, then remove the pan from the heat and set aside for 1 hour to infuse.

2 Strain the milk into a large jug, discarding the leek and bay. Melt 40g margarine in the pan, then stir in the flour with a wooden spoon and cook, stirring, for 2 minutes. Stir in the strained milk, a splash at a time – the mix will thicken at first to a doughy paste, but keep adding the milk gradually to avoid getting lumps. When all the milk is incorporated, bring to a gentle simmer, stirring constantly. Cook, stirring often, for 2-3 minutes or until the sauce thickens. Season with the nutmeg, mace and freshly ground black pepper. Remove the

pan from the heat and stir in the mozzarella.

3 Melt the 1 tbsp margarine with the walnut oil in a medium non-stick frying pan over low heat. Add the sliced leeks and cook, stirring occasionally, for 10-12 minutes or until really soft. Stir in the sage and cook, stirring, for 2 minutes.

4 Meanwhile, cook the cabbage in a saucepan of boiling water for 3 minutes. Quickly lift out of the pan and into a colander. Add the kale to the boiling water and cook for 30 seconds. Drain and toss with the cabbage and leeks.

5 Spray a deep 2.5L (10-cup) baking dish with cooking spray. Spread a quarter of the white sauce into the base of the dish and scatter with a third of the greens, a quarter of the walnuts and 1 tbsp parmesan. Top with a layer of lasagne sheets. Repeat twice more to make three layers, then spread the last of the sauce over the final pasta layer. Scatter with the rest of the parmesan. Place in the fridge for at least 30 minutes to chill, or up to 24 hours.

6 Preheat oven to 160°C (fan-forced). Bake the lasagne for 50 minutes or until golden and bubbling. Scatter over a few more sage leaves and the remaining walnuts. If the lasagne is already golden and crisp, cover tightly with foil. Return to the oven for 10 minutes. Set aside for 10 minutes to rest before serving.

#### NUTRITIONAL INFO

**PER SERVE** 2260kJ (541Cal), **protein** 26g, **total fat** 28g (sat. fat 6g), **carbs** 44g, **fibre** 7g, **sodium** 340mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**





Vegetable, walnut &  
sage lasagne  
*Recipe, opposite*



## celebrations



GF LC

### GARLIC ROAST POTATOES

**PREP** 10 MINS (+ 15 MINS STANDING)

**COOK** 55 MINS

**SERVES** 8 (AS A SIDE DISH)

8 small (100g each) Zerella Spud Lite Potatoes, peeled, quartered  
2 tsp olive oil  
2 cloves garlic, crushed

**1** Put the potatoes in a large saucepan and cover with plenty of cold water. Bring to the boil, covered, over high heat. Reduce heat to medium and simmer, uncovered, for 5 minutes. Drain well. Place, in a single layer, on a baking tray for 15 minutes to dry.

**2** Preheat oven to 180°C (fan-forced). Line a large roasting pan with non-stick baking paper. Combine the oil and garlic in a small bowl. Put the potatoes, cut side down, in the lined tin. Brush with the garlic oil. Roast for 20 minutes.

**3** Reduce oven temperature to 160°C (fan-forced). Roast for a further 25-30 minutes or until light golden and crispy.

#### NUTRITIONAL INFO

**PER SERVE** 254kJ (61Cal), **protein** 1g, **total fat** 1g (sat. fat 0g), **carbs** 9g, **fibre** 2g, **sodium** 10mg • **Carb exchanges** ½ • **GI estimate** high • **Gluten free** • **Lower carb**



GF LC

### CARAWAY & POMEGRANATE RED CABBAGE

**PREP** 5 MINS **COOK** 20 MINS

**SERVES** 8 (AS A SIDE)

1 red cabbage (around 550g), shredded  
60ml (¼ cup) pomegranate juice  
1 bay leaf  
½ tsp caraway seeds, lightly crushed  
2 tsp pomegranate molasses, to serve (optional)

**1** Put the cabbage, pomegranate juice, bay leaf and caraway seeds in a microwave-safe dish. Season with freshly ground black pepper.

**2** Cover and cook on High/100% for 10 minutes. Stir, then cook for a further 10 minutes.

**3** Drizzle the cabbage with the molasses, if you like.

#### NUTRITIONAL INFO

**PER SERVE** 126kJ (30Cal), **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 4g, **fibre** 2g, **sodium** 17mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**



GF

### HONEY & CINNAMON CARROTS

**PREP** 10 MINS **COOK** 10 MINS

**SERVES** 8 (AS A SIDE)

700g carrots, cut into batons  
1 tsp coriander seeds  
½ tsp chilli flakes  
½ tsp ground cinnamon  
4 tbsp honey  
Small handful of coriander, chopped (optional)

**1** Put the carrot batons into a microwave-safe bowl with 2 tbsp water. Cover and cook on High/100% for 9 minutes or until the carrots are easily pierced with a fork. Set aside.

**2** Meanwhile, crush the coriander seeds using a pestle and mortar or in a bowl using the end of a rolling pin. Stir in chilli flakes and cinnamon.

**3** Drizzle the honey into a small microwavable bowl and stir in the spice mixture. Microwave the spiced honey on High/100% for 30 seconds.

**4** Pour the spiced honey over the

### COOK'S TIP

Set the cabbage aside to cool. Keep in an airtight container in the fridge for up to 3 days.





From far left:

Garlic roast potatoes;  
Caraway & pomegranate red  
cabbage; Honey & cinnamon  
carrots; Sautéed broccolini  
with mushrooms & stilton;  
Potato, parsnip & horseradish  
bake.

• Carb exchanges 0 • GI estimate  
n/a • Gluten free • Lower carb

carrots and toss to combine. Scatter with the coriander, if using. Serve immediately.

### NUTRITIONAL INFO

**PER SERVE** 327kJ (78Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 18g, **fibre** 3g, **sodium** 50mg  
• Carb exchanges 1 • GI estimate medium • Gluten free

GF LC

### SAUTEED BROCCOLINI WITH MUSHROOMS & STILTON

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 8 (AS A SIDE)

500g broccolini, ends and larger stalks trimmed  
1 tbsp olive oil  
20g light margarine  
500g Swiss brown mushrooms, halved or quartered if very large  
60g creamy stilton (or vegetarian alternative), crumbled or chopped  
Drizzle extra virgin olive oil

1 Bring a large saucepan of water to the boil over high heat. Add the broccolini and cook for 2-3 minutes or until bright green but not quite tender. Use a slotted spoon to transfer to a bowl filled with iced water. Once cool, drain well. This can be done up to a day ahead and kept covered in the fridge.

2 Put the oil and margarine in a large non-stick frying pan over high heat. Once the margarine is sizzling, add the mushrooms. Cook, stirring often, for 5 minutes, until golden.

(or vegetarian alternative), crumbled or chopped Drizzle extra virgin olive oil 1 Bring a large saucepan of water to the boil over high heat. Add the broccolini and cook for 2-3 minutes or until bright green but not quite tender. Use a slotted spoon to transfer to a bowl filled with iced water. Once cool, drain well. This can be done up to a day ahead and kept covered in the fridge. 2 Put the oil and margarine in a large non-stick frying pan over high heat. Once the margarine is sizzling, add the mushrooms. Cook, stirring often, for 5 minutes, until golden. 3 Add the broccolini to the pan and toss together with the mushrooms. Cover the pan and cook for a further 3 minutes, shaking the pan now and again, until the broccolini stems are heated through and the mushrooms soften. Season well with freshly ground black pepper. Tip into a serving bowl. Scatter with the stilton and drizzle with the oil, if you like.

### NUTRITIONAL INFO

**PER SERVE** 423kJ (101Cal), **protein** 5g, **total fat** 8g (sat. fat 3g), **carbs** 1g, **fibre** 2g, **sodium** 84mg

### POTATO, PARSNIP & HORSERADISH BAKE

**PREP** 30 MINS **COOK** 1 HOUR 30 MINS  
**SERVES** 8 (AS A SIDE, WITH LEFTOVERS FOR 1)

375ml (1½ cups) skim milk  
300ml Philadelphia Light Cream for Cooking  
1 clove garlic, squashed with the side of a knife but left whole  
Few sprigs thyme  
Pinch ground nutmeg  
1 tbsp horseradish cream or gluten-free horseradish cream  
700g Zerella Spud Lite Potatoes, cut into 5mm-thick slices  
500g parsnips  
1½ tbsp light margarine  
35g (¼ cup) white, brown or gluten-free breadcrumbs

1 Put the milk, cream, garlic, a sprig of thyme, the nutmeg and horseradish in a saucepan. Bring to a simmer over medium heat. Remove the pan from the heat and set aside to infuse for at least 10 minutes.

2 Cut the parsnips into quarters lengthways and discard the cores. Thinly slice lengthways. Preheat oven to 160°C (fan-forced).

3 Use 1 tbsp margarine to grease a large baking dish. Layer up the potatoes and parsnips, adding a few thyme leaves and some freshly ground black pepper with each





# Menu

## SUGGESTED COMBINATIONS

These festive mains and sides have been designed to mix and match to please your taste preferences. But also keep in mind your individual carbohydrate needs and adjust as necessary.

*Roasted garlic & herb turkey +  
Pumpkin, sage & butter bean  
hot pot + Caraway & pomegranate  
red cabbage*

**PER SERVE** 2300kJ (550Cal), **protein** 44g,  
**total fat** 23g (sat. fat 7g), **carbs** 32g, **fibre**  
14g, **sodium** 699mg • **Carb exchanges** 2  
• **GI estimate** low • **Gluten-free option**

*Barbecued whole salmon + Sauteed  
broccolini with mushrooms & stilton  
+ garlic roasted potatoes*

**PER SERVE** 2450kJ (586Cal), **protein** 43g,  
**total fat** 39g (sat. fat 10g), **carbs** 13g, **fibre**  
6g, **sodium** 222mg • **Carb exchanges** 1  
• **GI estimate** medium • **Gluten free**  
• **Lower carb**

*Roast beef with beetroot chutney +  
Potato, parsnip & horseradish bake  
+ Honey & cinnamon carrots*

**PER SERVE** 1990kJ (476Cal), **protein** 33g,  
**total fat** 12g (sat. fat 6g), **carbs** 54g,  
**fibre** 10g, **sodium** 622mg • **Carb**  
**exchanges** 3½ • **GI estimate** medium  
• **Gluten-free option**

*Vegetable, walnut & sage  
lasagne + Caraway &  
pomegranate red cabbage*

**PER SERVE** 2390kJ (572Cal), **protein** 28g,  
**total fat** 28g (sat. fat 6g), **carbs** 49g, **fibre**  
10g, **sodium** 358mg • **Carb exchanges** 3½  
• **GI estimate** low • **Gluten-free option**

GFO

## PUMPKIN, SAGE & BUTTER BEAN HOT POT

**PREP** 1 HOUR 15 MINS **COOK** 1 HOUR

**SERVES** 8 (AS A SIDE, WITH LEFTOVERS FOR 1)

1 tbsp olive oil, plus a drizzle  
2 brown onions, finely chopped  
2 carrots, finely chopped  
2 celery sticks, finely chopped  
1.2kg butternut pumpkin  
2 cloves garlic, crushed  
2 rosemary sprigs, needles picked and chopped  
2 bay leaves  
2 parsnips, cut into 3cm pieces  
3 tbsp plain flour or gluten-free flour  
125ml (½ cup) white wine  
400ml salt-reduced vegetable stock or gluten-free stock  
2 x 400g cans butter beans, drained and rinsed  
2 tbsp wholegrain mustard or gluten-free mustard  
120g Philadelphia Light Cream for Cooking  
½ small bunch sage, ½ leaves picked, ½ finely chopped

1 Heat the oil in a large ovenproof pan over low heat. Add the onions, carrots and celery. Cook, stirring occasionally, for 10-15 minutes or until soft but not golden.

2 Meanwhile, peel the pumpkin and cut the neck from the bulb. Halve the bulb, remove the seeds and chop into 3cm pieces. Finely slice the squash neck into 2mm-thick slices. Stack these in order as you slice.

2 Preheat oven to 180°C (fan-forced). When the onions are tender, stir in the garlic and herbs. Cook, stirring, for 1 minute. Add the parsnips and chopped pumpkin. Cook, stirring occasionally, for another 5-8 minutes or until the vegetables soften. Sprinkle in the flour. Stir well, then mix in the wine. Simmer for 2 minutes.

3 Add the stock and beans to the pan. Bring to a simmer, then stir in the mustard and cooking cream. Simmer for 2-3 minutes or until the sauce thickens, it needs to be quite thick or the pumpkin will sink. Remove the pan from the heat. Fold in the chopped sage. Season with freshly ground black pepper.

4 Starting from the outside edge, arrange the pumpkin slices over the stew from largest to smallest in a tight spiral, working into the middle. Top with the sage leaves and drizzle with a little oil. Bake for 35-40 minutes or until the pumpkin is tender, the filling bubbling and the vegetables soften.

## NUTRITIONAL INFO

**PER SERVE** 910kJ (218Cal), **protein** 8g, **total fat** 6g (sat. fat 2g), **carbs** 26g, **fibre** 10g, **sodium** 295mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**





Pumpkin, sage & butter  
bean hot pot  
*Recipe, page opposite*





Meringues  
with berries  
& Fruche



Chocolate wafer stacks

GFO

## MERINGUES WITH BERRIES & FRUCHE

**PREP** 15 MINS (+ COOLING)

**COOK** 1½ HOURS

**SERVES** 8 (MAKES 24 MERINGUES)

450g mixed fresh or defrosted frozen berries – like blueberries, raspberries, boysenberries, strawberries (quartered)

4 x 150g containers Vanilla Fruche Icing sugar or gluten-free icing sugar, to serve (optional)

### MERINGUES

2 x 60g egg whites, at room temperature

Pinch cream of tartar

80g (⅓ cup) caster sugar (see Cook's Tip)

½ tsp vanilla essence

**1** To make the meringues, preheat oven to 110°C (fan-forced). Line two large baking trays with non-stick baking paper.

**2** Place the egg whites and cream of tartar in the bowl of an electric mixer. Whisk over medium-high

speed until soft peaks form.

Gradually add the sugar, about 1 tablespoon at a time, beating well after each addition until sugar is dissolved and scraping down the side of the bowl. Once all the sugar has been added, whisk for 2 minutes. Beat in the vanilla essence.

**3** Use two spoons to spoon teaspoonfuls of the mixture onto the lined trays, about 3cm apart. Place in oven and reduce temperature to 90°C (fan-forced). Bake for 1 hour, swapping the trays around once.

**4** Turn the oven off and set aside in the oven for 1 hour. Transfer to a wire rack to cool completely.

**5** Place three meringues in each serving bowl. Top with the Fruche and berries. Dust with icing sugar, if desired.

### NUTRITIONAL INFO

**PER SERVE** 583kJ (139Cal), **protein** 5g, **total fat** 2g (sat. fat 1g), **carbs** 24g, **fibre** 2g, **sodium** 43mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option**

## CHOCOLATE WAFER STACKS

**PREP** 10 MINS (+ SETTING TIME)

**COOK** 5 MINS **SERVES** 4 (AS DESSERT)

50g Noshu 97% sugar-free dark

chocolate chips

12 natural ice-cream wafers

8 scoops (about 35g each) Peters

No Sugar Added Ice-Cream, softened slightly

8 (about 160g) strawberries, hulled, sliced

Icing sugar, to serve (optional)

**1** Place the chocolate in a small microwave-safe bowl. Heat, uncovered, on HIGH/100% for 1-2 minutes, stirring every minute with a metal spoon, until almost melted. Stir until smooth.

**2** Use a knife to spread the chocolate around the edge of the wafers, alternatively, dip the edges of the wafers in the chocolate. Transfer to a wire rack to set.

**3** Place one wafer on each serving plate. Carefully spread one scoop of ice-cream over each wafer. Top with a few slices of strawberries and another wafer. Top each with another scoop of ice-cream and strawberries. Top each with a final wafer. Dust with icing sugar, if desired. Serve immediately.

### NUTRITIONAL INFO

**PER SERVE** 719kJ (172Cal), **protein** 6g, **total fat** 6g (sat. fat 5g), **carbs** 12g, **fibre** 6g, **sodium** 49mg • **Carb exchanges** 1 • **GI estimate** medium

## COOK'S TIP

- Sugar substitute is not suitable to use in this recipe.
- Keep the meringues in an airtight container for up to 2 days



## INDIVIDUAL FRUIT TRIFLES

**PREP** 20 MINS (+ JELLY SETTING + CHILLING)

**SERVES** 6 (AS A DESSERT)

1 x 9g sachet low-joule raspberry jelly crystals

1 x 250g punnet strawberries, hulled, sliced

400g can peach slices in juice, drained, sliced if thick

2 kiwifruit, peeled, halved, sliced

4 sponge fingers (savoardi), chopped

2 x 150g containers Vanilla Fruche  
250ml (1 cup) low-fat custard

**1** Make the jelly following packet directions. Pour into a shallow dish. Place in the fridge for 4 hours or until set.

**2** Divide the jelly among 6 x 250ml (1 cup) serving dishes. Reserve about  $\frac{1}{4}$  of the strawberries. Set aside. Divide the remaining strawberries, peach slices and kiwifruit over the jelly. Sprinkle the sponge fingers over the fruit.

**3** Place the Fruche in a bowl and mix until smooth. Spoon the custard evenly over the biscuits. Spoon the Fruche evenly over the top of the custard. Top with the extra strawberries. Place in the fridge for 4 hours to chill and the flavours to develop.

### NUTRITIONAL INFO

**PER SERVE** 710kJ (170Cal), **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 29g, **fibre** 3g, **sodium** 70mg • **Carb exchanges** 2 • **GI estimate** low







Vanilla & yoghurt panna cotta with macerated strawberries



Triple berry jellies

GF

## VANILLA & YOGHURT PANNA COTTA WITH MACERATED STRAWBERRIES

**PREP** 15 MINS (+ 20 MINS COOLING + 4 HOURS SETTING)

**COOKING** 5 MINS

**SERVES** 8 (AS A DESSERT)

60ml (¼ cup) water

4 tsp powdered gelatine

500ml (2 cups) low-fat milk

1 vanilla bean pod, split lengthways

550g Dairy Farmers Thick and Creamy Classic Vanilla, whisked until smooth

### MACERATED STRAWBERRIES

2 x 250g punnets strawberries, washed, hulled, cut into thin wedges

1 tbsp caster sugar

1 tbsp Cointreau

**1** Brush eight 125ml (½ cup) dariole moulds with cooking spray to lightly grease.

**2** Place the water in a small bowl. Sprinkle over the gelatine. Stir. Set aside for 5 minutes or until the water has absorbed all the gelatine.

**3** Place the milk in a medium saucepan. Use a small sharp knife to scrape the vanilla seeds into the milk. Add the vanilla bean to the

pan. Cover and heat over low until the milk is hot. Set aside, covered, for 10 minutes. Remove the vanilla pod. Add the gelatine mixture and stir until gelatine is completely dissolved. Pour into a large bowl.

**4** Add the yoghurt to the milk mixture and whisk until just combined. Pour evenly into the greased moulds. Place on a tray and cover lightly with plastic wrap. Place in the fridge for 6 hours or overnight to set.

**5** Put the strawberries, sugar and Cointreau in a medium bowl. Set aside for 20 minutes to macerate.

**6** To serve, dip the moulds, one at a time, into hot water for 1-2 seconds, then turn out onto serving plates. Serve with the strawberries and any juices.

### NUTRITIONAL INFO

**PER SERVE** 660kJ (158Cal), **protein** 7g, **total fat** 5g (sat. fat 3g), **carbs** 19g, **fibre** 2g, **sodium** 63mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

GF

## TRIPLE BERRY JELLIES

**PREP** 10 MINS (+ 4 HOURS SETTING)

**SERVES** 4 (AS A DESSERT)

125g punnet blueberries

125g punnet raspberries

125g punnet blackberries

4 strawberries, chopped or cut into thin wedges

1 x 9g sachet raspberry diet jelly crystals

250ml (1 cup) boiling water

250ml (1 cup) water

2 tbsp strawberry liqueur (optional)

500g extra fresh berries, to serve

**1** Divide the berries between 4 x 185ml (¾ cup) ramekins, small glasses or jelly moulds.

**2** Put the jelly crystals in a heatproof jug. Pour over the boiling water. Stir until the jelly crystals dissolve. Stir in the water and strawberry liqueur, if using.

**3** Pour the jelly mixture over the fruit. Place on a tray and put in the fridge for 4 hours or until set.

**4** To serve, run the moulds under hot water quickly. Turn out onto serving plates. Top with extra berries, if using.

### NUTRITIONAL INFO

**PER SERVE** 408kJ (98Cal), **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 16g, **fibre** 9g, **sodium** 13mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**



GF

## INDIVIDUAL RASPBERRY & CHOCOLATE ICE-CREAM

**PREP** 20 MINS (+ 20 MINS SOFTENING + 4 HOURS FREEZING)

**SERVES** 12 (AS A DESSERT)

2L Peters Light & Creamy Vanilla Ice-Cream

300g frozen raspberries, partially defrosted

30g dark chocolate, finely grated  
2 x 150g punnets raspberries, to serve

Mint leaves, to serve (optional)

**1** Transfer the ice-cream to the fridge for 20 minutes to soften.

**2** Meanwhile, line 12 x 125ml (½-cup) ramekins with plastic wrap,

allowing extra to hang over the edges. Use a fork to roughly mash the raspberries.

**3** Transfer the ice-cream to a large bowl. Add the mashed raspberries and chocolate. Mix until well combined. Divide evenly among the ramekins. Pull the plastic up and cover the top of the ice-cream. Place the ice-creams in the freezer for 4 hours or until frozen.

**4** To serve, transfer the ice-cream to the fridge for 20 minutes, to soften slightly.

**5** Meanwhile, place 24 of the fresh

raspberries in a small bowl. Use a fork to mash the raspberries until almost pureed.

**6** Use the plastic wrap to lift the ice-cream out of the ramekins and onto serving plates. Remove the plastic wrap. Serve with the mashed raspberries and whole raspberries.

### NUTRITIONAL INFO

**PER SERVE** 669kJ (160Cal),  
**protein** 4g, **total fat** 3g (sat. fat 2g),  
**carbs** 27g, **fibre** 3g, **sodium** 59mg  
• Carb exchanges 2 • GI estimate medium • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)





crowd-pleaser

# PARTY PLATTERS

*Smoky veggie nachos Recipe, page 86*





**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 94

Forget just dumping some chips into a giant bowl and calling it a day – get the party starter(ed) with tasty, well-balanced spreads made for sharing. The more the merrier!

**Rainbow dips  
and crudités**  
*Recipe, page 84*





## crowd-pleaser

GFO

### RAINBOW DIPS AND CRUDITÉS

**PREP** 45 MINS **COOK** 50 MINS  
**SERVES** 12 (AS A STARTER)

150g baby (Dutch) carrots, halved lengthways  
15 small radishes, trimmed  
6 baby cucumbers, halved lengthways  
24 breadsticks & 24 crackers or 48 pieces of assorted gluten-free crackers, to serve

#### ROAST PUMPKIN HOMMUS

250g butternut pumpkin, peeled and deseeded, cut into 2cm chunks  
4 large cloves garlic in their skins  
1 tsp cumin seeds  
1 tsp ground coriander  
½ tsp smoked paprika  
2 tbsp olive oil  
½ x 420g can rinsed and drained no-added-salt chickpeas  
1 tbsp tahini  
1 tsp coriander seeds, crushed

#### CARAMELISED ONION & CHIVE DIP

3 eschalots, peeled and quartered lengthways  
6 green shallots, trimmed  
2 tsp olive oil  
100g fat-free natural yoghurt  
1 small clove garlic, finely grated  
2 tbsp finely chopped chives

#### MISO BEETROOT DIP

3 cooked beetroot  
2 tsp brown rice miso paste or gluten-free miso paste  
1 tbsp cashew spread  
Juice of 1 lime  
1 tbsp fat-free natural yoghurt  
2 tsp sesame seeds

1 To make the roast pumpkin hommus, preheat oven to 160°C (fan-forced). Line a baking tray with non-stick baking paper. Put the pumpkin, garlic, cumin, ground coriander, paprika and 1 tbsp oil

in a bowl. Toss to coat. Spread the pumpkin out on a single layer on the lined tray. Roast for 20 minutes or until the pumpkin is tender.

2 Set the pumpkin aside to cool. Put the pumpkin in a small food processor. Add the garlic (squeezing the flesh out of the skins), chickpeas and tahini. Blitz until smooth, loosening with 1 tbsp water if needed. Season with freshly ground black pepper. Mix the rest of the oil with the coriander seeds in a small bowl. Transfer the dip to a serving bowl. Drizzle the coriander oil over the hummus.

3 To make the caramelised onion dip, line a roasting tin with non-stick baking paper. Put the eschalots and green shallots in the roasting tin. Drizzle with the oil. Roast at 160°C (fan-forced) for 25-30 minutes or until soft and golden. Set aside to cool. Transfer the onions to a small food processor. Add the yoghurt, garlic and half the chives. Blitz until smooth. Season with freshly ground black pepper. Place in a serving bowl and sprinkle with the remaining chives.

3 To make the beetroot dip, put the beetroot, miso paste, cashew spread and lime juice in a small food processor. Process until smooth. Transfer to a serving bowl. Swirl in the yoghurt and sprinkle with the sesame seeds.

4 Serve the dips on a board with the veg crudités and breadsticks and crispbreads.

#### NUTRITIONAL INFO

**PER SERVE** 817kJ (195Cal),  
**protein** 6g, **total fat** 9g (sat. fat 2g),  
**carbs** 21g, **fibre** 4g, **sodium** 215mg • **Carb exchanges** 1½  
• **GI estimate** medium  
• **Gluten-free option**

GFO

### SMOKED SALMON FLATBREAD

**PREP** 25 MINS **COOK** 15 MINS  
**SERVES** 12 (AS A STARTER)

100g mascarpone  
2 x 150g ready-made thin pizza bases or gluten-free pizza base, heated following pkt directions  
120g salt-reduced smoked salmon, cut into thin strips  
1 small red onion, cut into very thin slivers  
Handful rocket leaves  
2 tsp drained baby capers

1 Put the mascarpone in a small bowl. Season with freshly ground black pepper. Spread the mascarpone over the pizza bases.

2 Just before serving, scatter over the salmon, red onion, rocket and capers. Grind over some black pepper. Put on a board and cut into lengths with a pizza wheel or scissors. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 585kJ (140Cal),  
**protein** 5g, **total fat** 7g (sat. fat 3g),  
**carbs** 13g, **fibre** 1g, **sodium** 182mg • **Carb exchanges** 1  
• **GI estimate** high  
• **Gluten-free option**





Smoked salmon flatbread *Recipe, page opposite*





## SMOKY VEGIE NACHOS

**PREP** 5 MINS **COOK** 5 MINS **SERVES** 12 (AS A STARTER)

- 7 soft 100% corn tortillas
- 1 tbsp olive oil
- 1 tsp smoked paprika, plus extra, to serve
- 2 red capsicums, halved and deseeded
- 420g can no-added-salt black beans, drained and rinsed
- ½ bunch flat-leaf parsley, finely chopped
- 2½ tbsp fat-free natural yoghurt
- 1 jalapeño, thinly sliced

### SALSA

- 4 green shallots, finely sliced
- 4 tomatoes, deseeded and finely chopped
- 1 small avocado, peeled, stoned and chopped
- ½ small bunch coriander, finely chopped
- 1 small clove garlic, finely grated
- Zest and juice 1 lime
- 1 tbsp olive oil

**1** Preheat oven to 160°C (fan-forced). Line 2 large baking trays with non-stick baking paper. Cut each of the tortillas into 8-10 triangles and spread over the lined trays. Drizzle with the oil and sprinkle over the paprika. Bake for 7-8 minutes or until crisp. Set aside to cool.

**2** Preheat grill to high. Add the capsicums, skin-side up, and cook for 7-10 minutes or until charred and soft. Set aside to cool. Peel off and discard the skins, slice into strips and toss with the beans and parsley.

**3** Meanwhile, to make the salsa, combine all the ingredients in a bowl. Season with freshly ground black pepper.

**4** Pile the nachos on a large plate. Top with the bean mix, salsa, yoghurt and jalapeño. Sprinkle over some paprika and serve.

### NUTRITIONAL INFO

**PER SERVE** 689kJ (165Cal), **protein** 5g, **total fat** 6g (sat. fat 1g), **carbs** 21g, **fibre** 4g, **sodium** 151mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

### LOWER-CARB OPTION

Replace the corn tortillas with 7 Simson's Pantry low carb tortillas.

### NUTRITIONAL INFO

**PER SERVE** 639kJ (153Cal), **protein** 8g, **total fat** 6g (sat. fat 2g), **carbs** 10g, **fibre** 8g, **sodium** 129mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**



## TURKEY COBB SALAD

**PREP** 25 MINS **COOK** 15 MINS  
**SERVES** 6 (AS A MAIN)

- 6 x 60g eggs
- 50g (about 7) thin slices pancetta or gluten-free pancetta
- 500g cooked turkey breast, sliced
- 3 heads endive or 1-2 heads baby cos (inner leaves used), leaves separated
- 2 avocados, peeled, stoned and sliced
- 4 tomatoes, quartered
- 2 tbsp mixed seeds (such as pumpkin and sunflower seeds), to serve

### DRESSING

- 50ml olive oil
- 3 tbsp apple cider vinegar
- 2 tsp Dijon mustard or gluten-free Dijon mustard
- 1 tbsp finely chopped flat-leaf parsley
- 1 small clove garlic, finely chopped

**1** Cook the eggs in a large saucepan of boiling water for 8 minutes. Drain and transfer to a bowl of cold water. Set aside to cool.

**2** Preheat grill to high. Line grill tray with foil. Put the pancetta on the lined tray and grill for 3-4 minutes or until crisp. Pat the pancetta with paper towel to remove any excess oil. Set aside to cool.

**3** Meanwhile, to make the dressing, combine all the ingredients in a small bowl. Peel and halve the eggs.

**4** Arrange the turkey, endive, avocado, tomatoes, pancetta and eggs on a large platter. Drizzle over the dressing, season with freshly ground black pepper. Serve with the seeds on the side for sprinkling over.

### NUTRITIONAL INFO

**PER SERVE** 1720kJ (411Cal), **protein** 37g, **total fat** 26g (sat. fat 5g), **carbs** 4g, **fibre** 6g, **sodium** 473mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



crowd-pleaser



Turkey Cobb salad

*Recipe, page opposite*



GF

### WHITE PORT & GRAPEFRUIT FIZZ

SERVES 4 (AS AN OCCASIONAL DRINK)

Fill a large jug three-quarters full with ice. Add 300ml **white port** and 500ml **Remedy Kombucha Pink Grapefruit**. Stir. Garnish with grapefruit slices.

#### NUTRITIONAL INFO

**PER SERVE** 488kJ (117Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 10g, **fibre** 0g, **sodium** 26mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free**

GF

### JAMAICAN RUM PUNCH

SERVES 8 (AS AN OCCASIONAL DRINK)

Fill a large jug three-quarters full with ice. Add 300ml **dark rum**, 100ml **fresh lime juice**, a dash of **Angostura bitters**, 200ml **100% orange juice** (strained) and 200ml **unsweetened pineapple juice**. Stir well. Pour in 80ml (⅓ cup) **diet raspberry diet cordial** before serving. Top up with mineral or soda water if you like to stretch it further.

#### NUTRITIONAL INFO

**PER SERVE** 420kJ (100Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 5g, **fibre** 1g, **sodium** 3mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free**





GF

**RASPBERRY FROSÉ**

SERVES 14 (AS AN OCCASIONAL DRINK)

Tip two bottles **rosé wine** into a large container. Cover and freeze for 3-4 hours. Meanwhile, tip 50g **caster sugar** and 100ml water into a small saucepan. Bring to a simmer over medium heat until the sugar dissolves. Add 300g **frozen raspberries** and cover. Turn off the heat and set aside for 20 minutes. Blend, strain through a sieve and cool. Scoop the frozen wine into a blender, whizz until smooth, then add the raspberry puree and blend again. Tip into a large jug and garnish with extra raspberries.

**NUTRITIONAL INFO**

**PER SERVE** 425kJ (102Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 6g, **fibre** 2g, **sodium** 6mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free**

GF

LC

**NEGRONI SBAGLIATO**

SERVES 12 (AS AN OCCASIONAL DRINK)

Fill a large jug three-quarters full with ice. Add one bottle of **prosecco**, 100ml **Campari** and 200ml **sweet vermouth**. Top up with chilled soda water and stir. Garnish with **orange peel**.

**NUTRITIONAL INFO**

**PER SERVE** 348kJ (83Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 3g, **fibre** 0g, **sodium** 5mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



Refreshing holiday drinks for poolside parties or  
to ring in the new year – we'll cheers to that!

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 94



# COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

## healthy eating ON A budget

### TOP TIPS

- **PLAN YOUR MEALS** Build your weekly shop and meals around budget-friendly foods. You'll cut down on waste and avoid overfilling your shopping trolley.
- **USE OWN-BRAND PRODUCTS** All food manufacturers must follow the same standards, so these cheaper brands are just as nutritious.
- **BUY IN BULK** Stock up on essentials, but avoid spending on things you don't use as often.
- **SHOP SEASONAL** Buy your favourite produce while it's in season. It'll taste amazing and often cost less.
- **SNACK PACKS** Make a shopping list of healthy snacks you enjoy, such as veg sticks and hummus, nuts or popcorn, and resist impulse buys.





## WAYS TO BOOST PROTEIN IN YOUR MEALS!

*Protein is an essential nutrient that supports muscle repair, energy, weight loss and it can even help manage your blood glucose levels. Try these easy ways to increase the levels in your meals.*



**Add a can of beans or lentils to bolognese or cottage pie, however, remember to count this as extra healthy carbs in your meals.**



**Top salad or porridge with hemp or pumpkin seeds.**



**Add crumbled tofu to curries.**



**Add a spoonful of peanut butter or Greek yoghurt (or both!) to morning smoothies.**



## SECOND DESSERT

GF

Cut 1 small apple into wedges. Drizzle with 2 tsp no-added-salt-and-sugar peanut butter and ½ tsp shredded coconut. **Serves 1.**  
**PER SERVE** 709kJ (170Cal), **protein** 4g, **total fat** 7g (sat. fat 2g), **carbs** 21g, **fibre** 4g, **sodium** 3mg • **Carb exchanges** 1½ • **GI estimate** low  
 • **Gluten free**



## SUPERMARKET CRUSH

### ReFil snack bars

A new snack that strikes the balance between a nutritious snack and a tasty chocolate treat, each ReFil bar contains 9g of prebiotic fibre and 6g protein. With prebiotic tapioca fibre for natural sweetness, a touch of real milk chocolate with zero sugar alcohols and dairy milk proteins, there are no artificial flavours or colours and less than 1 tsp sugar per bar. The delicious range includes 30g snack bars in three flavours: Iced Chocolate, Dipped Strawberry and Dipped Churro. The Iced Chocolate and Dipped Strawberry bars are also available in multipacks of four bars.

**Available from selected IGA Supermarkets, independent retailers and online at [amazon.com.au](https://www.amazon.com.au), RRP \$2.75 each (single bars) and RRP \$8.90 (multipacks).**

## QUICK SNACK IDEAS FOR ONE

GF LC

### PROSCIUTTO & ROCKMELON

Wrap 2 medium slices (75g) rockmelon with 1 thin slice (10g) prosciutto and cut into chunks. **Serves 1.**  
**PER SERVE** 271kJ (65Cal), **protein** 4g, **total fat** 2g (sat. fat 1g), **carbs** 7g, **fibre** 2g, **sodium** 191mg • **Carb exchanges** ½ • **GI estimate** high • **Gluten free**  
 • **Lower carb**

GFO

### HOMMUS & TOMATO BITES

Spread 1 tbsp hommus on 2 multigrain Ryvitas or gluten-free crispbreads. Top with 4 slices ripe tomato and 4 shredded snow peas. Sprinkle with freshly ground black pepper. **Serves 1.**  
**PER SERVE** 598kJ (143Cal), **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 17g, **fibre** 6g, **sodium** 182mg • **Carb exchanges** 1 • **GI estimate** low  
 • **Gluten-free option**

GF

### PINEAPPLE & MINT

Cut ¼ (130g) peeled pineapple into pieces and thread onto 2 skewers. Combine juice of ½ lime, 2 tsp finely chopped mint and 1 tsp honey. Drizzle dressing over pineapple to serve. **Serves 1.**  
**PER SERVE** 408kJ (98Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 17g, **fibre** 5g, **sodium** 6mg • **Carb exchanges** 1 • **GI estimate** medium  
 • **Gluten free**

GF LC

### PEACH & RASPBERRY SMOOTHIE

Blend 160ml (⅔ cup) unsweetened almond milk with 125g undrained diced peaches in natural juice and 40g (⅓ cup) frozen raspberries. **Serves 1.**  
**PER SERVE** 579kJ (138Cal), **protein** 2g, **total fat** 5g (sat. fat 0g), **carbs** 20g, **fibre** 4g, **sodium** 108mg • **Carb exchanges** 1½ • **GI estimate** low  
 • **Gluten free** • **Lower carb**



# Plan your week,

Wondering what to eat this week? Try these delicious daily plans



|                  | SUNDAY                                                                                 | MONDAY                                                                 | TUESDAY                                                                                | WEDNESDAY                                                            |
|------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| H <sub>2</sub> O | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                                        |                                                                                        |                                                                      |
| Breakfast        | Eggs Florentine (p 33)                                                                 | 160g tub Chobani with 1 cup fresh berries & 1 tbsp chia seeds          | Multigrain English muffin, toasted, topped with ½ cup cottage cheese & sliced tomato   | 1 slice wholegrain toast topped with ½ cup warm baked beans          |
| Optional snack   | Pineapple & mint (p 91)                                                                | 30g unsalted nuts                                                      | Peach & raspberry smoothie (p 91)                                                      | 160g tub Chobani yoghurt                                             |
| Lunch            | Peri-peri chicken with herb coleslaw (p 56)                                            | Prawn, sugar snap pea & feta salad (p 40)                              | 1 Simson's Pantry low carb wrap filled with shredded chicken, ⅓ avocado & ½ cup rocket | Salmon & soft-boiled egg salad (p 33)                                |
| Optional snack   | 2 Vita-Weats with 20g reduced-fat cheese                                               | ½ mango                                                                | 20g cheese stick                                                                       | 1 piece of fresh fruit                                               |
| Dinner           | Prawn, chorizo & zucchini baked rice (p 40) <i>pictured</i>                            | Grilled salmon tacos with chipotle lime yoghurt (p 18) <i>pictured</i> | Japanese noodles with sesame dressing (p 16) <i>pictured</i>                           | Grilled steak salad with horseradish dressing (p 20) <i>pictured</i> |
| Alcohol          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                                        |                                                                                        |                                                                      |
| Optional dessert | 6 canned peach slices (drained) topped with ½ cup diet vanilla yoghurt                 | 60-second dessert (p 91)                                               | ½ mango                                                                                | ½ cup warm berries topped with ½ cup diet vanilla yoghurt            |
| Exercise         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                                        |                                                                                        |                                                                      |



# it's easy!



## SURVIVING THE FESTIVE SEASON

The festive season is all about good company, laughter – and yes, plenty of delicious food and drink. But if you're living with diabetes, all those grazing platters, desserts and bubbly toasts can send blood glucose levels on a bit of a roller-coaster.

**Here's how to keep things merry and balanced.**

**LINE YOUR STOMACH:** A healthy snack before heading out means you'll be less tempted to hover over the cheese board.

**PLATE IT UP:** Rather than grazing from passing platters, choose your favourites, pop them on a plate and enjoy without losing track.

**BALANCE YOUR PLATE:** Go half vegies or salad, a palm-sized serve of protein, and a fist-sized portion of healthy carbs.

**SIP SMART:** Set your drink limit, space with water, and swap sugary mixers for soda water or diet soft drink.

**MOVE IT:** Work a little activity into the day – think beach strolls, backyard cricket or a family dance-off.

A little planning means you can enjoy every bite, toast and giggle – and still feel your best the next morning.

### THURSDAY



### FRIDAY



### SATURDAY



depending on your exercise levels.

Air-fryer mushrooms on toast (p 29) *pictured*

2 Weetbix served with ¾ cup skim milk & 4 sliced strawberries

1 cup fresh fruit salad topped with 160g tub YoPro

2 multigrain corn thins topped with ½ cup cottage cheese & sliced tomato

Prosciutto & rockmelon (p 91)

30g unsalted nuts

1 Simson's Pantry low carb wrap filled with 95g can tuna (drained) & mixed salad

Fried eggs with chilli, beans & rice (p 33)

Spicy cauli steak burgers (p 56)

Hommus & tomato bites (p 91)

30g unsalted nuts

1 piece of fresh fruit

Jerk pork & pineapple with black beans & rice (p 18)

Spice-crusted chicken with cabbage slaw (p 20) *pictured*

Hot smoked trout & chive fritatta (p 64) *pictured*

have a couple of alcohol-free days a week.

60-second dessert (p 91)

6 canned peach slices (drained) topped with 1 scoop Peters no-added-sugar ice-cream

1 cup skim milk with 1 tsp 30% less sugar Milo

Always discuss your exercise plans with your doctor first.



# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Grilled salmon tacos with chipotle lime yoghurt  
Recipe, page 18

## NUTRITIONAL INFO

**PER SERVE** 1980kJ (474Cal),  
**protein** 30g, **total fat** 26g  
(sat. fat 5g), **carbs** 29g,  
**fibre** 6g, **sodium** 230mg  
• **Carb exchanges** 2  
• **GI estimate** low  
• **Gluten-free option**

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



# living

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

# well

*“That is one good thing about this world...there are always sure to be more Springs.”*

*LM Montgomery*



complications

# BONE

# HEALTH

# MATTERS

Did you know that having diabetes can put you at a greater risk of osteoporosis and bone fractures? *DL* dietitian and diabetes educator, Dr Kate Marsh, explains the link between diabetes and bone health, the risk factors for osteoporosis and importantly, the things you can do to improve your bone health and reduce the risk of falls and fractures.



## WHY DOES BONE HEALTH MATTER?

Keeping our bones healthy is something that many of us give little thought to. But poor bone health is becoming an increasing problem, particularly as we live longer. According to Healthy Bones Australia (formerly Osteoporosis Australia), around 1.4 million Australians are estimated to have osteoporosis, increasing their risk of fractures.

Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, causing a loss of bone density. As bones become thinner and less dense, the risk of fracture increases. A scan to measure bone mineral density (called a DEXA scan) is the most common way to measure bone health. However, diabetes also appears to affect bone health in other ways.

## HOW DOES DIABETES AFFECT BONE HEALTH?

Diabetes is one of several risk factors for osteoporosis and bone fractures (see box). Both type 1 and type 2 diabetes appear to increase the risk of a bone fracture, although the risk is increased more in those with type 1.

The reasons for this are complex and are different for the two main types of diabetes. People with type 1 diabetes tend to have a lower bone mineral density, related to insulin deficiency, while those with type 2 often have a similar bone density to those without diabetes. However, bone quality is lower in both type 1 and type 2. This leads to an increased risk of fracture compared to someone without diabetes who has the same bone mineral density.

Having diabetes can also increase the risk of falls because of diabetes-related complications, such as eye

or nerve damage, particularly damage to the nerves in your feet, which can affect balance. For those taking insulin or some types of oral diabetes medications, hypoglycaemia (a low blood glucose level) can also increase the risk of falling. Falls are the major cause of fractures, particularly hip fractures.

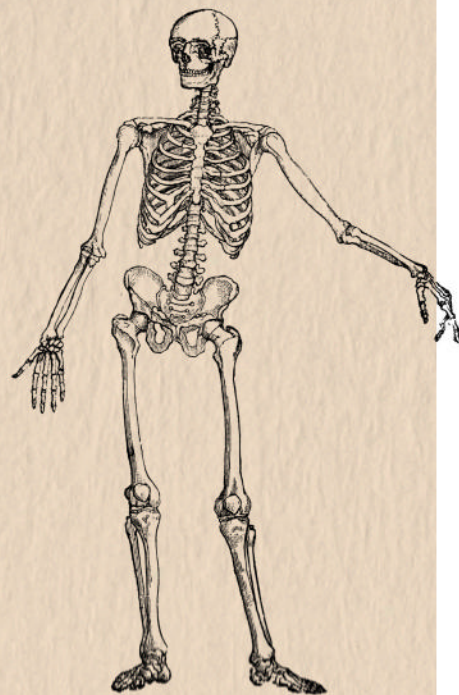
The bottom line is that everyone needs to be looking out for their bone health, but this is particularly important if you have diabetes.

In their 2025 Standards of Care, the American Diabetes Association recommend measuring bone mineral density (using a DEXA scan) every 2-3 years in older adults (65 years or older) and in younger people who have other risk factors (including having a HbA1c over 8%, diabetes-related nerve, eye or kidney disease, frequent hypos, taking diabetes medications that could increase risk and a history of frequent falls). They also recommend considering the effects of diabetes medications on bone health when choosing which medication to prescribe.

## BUILDING HEALTHY BONES

The good news is that there are plenty of things we can do to build strong bones.

**>> Consume enough calcium by including calcium-rich foods in your diet each day.** Calcium is the most important mineral for bone health, combining with other minerals to maintain strong bones. The bones act as a storage bank for calcium. This means that if the amount of calcium in the blood (which is needed for other important functions) falls below a certain level, the body takes the calcium it needs from the bones. You can find calcium in dairy foods (milk, cheese, yoghurt), fortified



## RISK FACTORS FOR OSTEOPOROSIS

- › **AGE** – bone density reduces with age
- › **BEING FEMALE**, particularly after menopause (men also lose bone density as they age, but more slowly)
- › Having a **FAMILY HISTORY** of osteoporosis, particularly parents or siblings
- › **MEDICAL CONDITIONS** including thyroid conditions, coeliac disease, inflammatory bowel disease, rheumatoid arthritis, chronic liver or kidney disease, early menopause in women and low testosterone in men, anorexia nervosa and diabetes
- › **CERTAIN MEDICATIONS** including corticosteroids, some antidepressants, some medications used for breast cancer, prostate cancer and epilepsy and some diabetes medications (thiazolidinediones and sulfonylureas)
- › **LIFESTYLE FACTORS** including low physical activity levels, inadequate calcium intake, low vitamin D levels, excess alcohol intake and smoking
- › **BEING UNDERWEIGHT OR OVERWEIGHT**



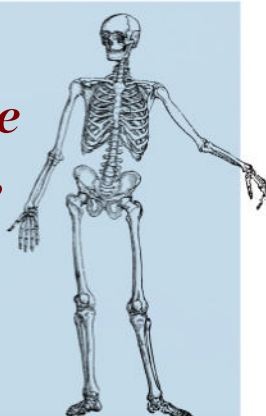
plant milks, canned fish with bones (e.g. salmon and sardines), firm tofu, unhulled tahini (sesame seed paste), almonds, figs, kale, broccoli and Asian greens. Your dietitian can help to make sure you are putting enough calcium and other bone-building nutrients into your diabetes-friendly eating plan.

**>> Maintain adequate levels of vitamin D by getting regular, sensible sunlight exposure.** The amount of sunlight you need to produce vitamin D is relatively low but will depend on the season, your location, your skin type and the area of skin exposed. You can find out more at [healthybonesaustralia.org.au/your-bone-health/vitamin-d-bone-health](http://healthybonesaustralia.org.au/your-bone-health/vitamin-d-bone-health). Fatty fish, egg yolks and mushrooms which have been exposed to UV light all provide some vitamin D, but it is hard to get all your vitamin D needs from diet. If you don't get outside regularly, have naturally dark skin or you always cover up when you go out, you may need to take a vitamin D supplement, so speak to your doctor about getting your levels checked.

**>> Exercise is essential for bone health and a bone-strengthening exercise program should include both regular weight-bearing exercise (such as brisk walking, running or dancing) and resistance training (lifting weights).** Aim for at least

three times per week and continue to increase the intensity and/or resistance as the exercise gets easier. As we get older, balance and mobility training are also important

***Both type 1 and type 2 diabetes appear to increase the risk of a bone fracture, although the risk is increased more in those with type 1.***



## MEDICATIONS FOR BONE HEALTH

If you are diagnosed with osteoporosis, your GP or specialist may recommend taking medication to improve your bone health and reduce the risk of fractures.

**There are two main types of medications for osteoporosis:**

■ **Medications that slow down bone loss:** alendronate (tablet), risedronate (tablet), zoledronate (IV infusion) and denosumab (6-monthly injection). These are the most commonly prescribed medications in Australia.

■ **Medications that help to build bone:** teriparatide (daily self-injection) and romosozumab (monthly injection). In Australia, these medications can only be prescribed by a specialist for people with severe osteoporosis when other osteoporosis medication has not worked.

to prevent falls. An exercise physiologist can help you develop an individualised exercise program for your bones and getting help with a safe and effective program is particularly important if you have osteoporosis.

**>> Limit your intake of alcohol and don't smoke.** Excess alcohol and smoking can both negatively affect your bone health – another good reason to quit smoking and drink alcohol only in moderation.

**>> Achieve and maintain a healthy weight.** Being underweight and carrying extra weight both appear to increase



fracture risk, so aim to be within the healthy weight range through a combination of good nutrition and regular weight-bearing exercise. Rapid weight loss and bariatric surgery can both have a negative effect on bone health, so if you are carrying extra weight, a gradual weight loss approach is the best option for your bones.

**>> Optimise blood glucose levels.** High blood glucose levels are associated with poorer bone health, particularly in people with type 2 diabetes. So keeping your bones strong as you age may be another good reason to aim for blood glucose levels within your target range.

### REDUCING FALLS RISK

If you have fragile bones, even a minor fall can lead to fracture. It's therefore essential to take steps to reduce your falls risk. This could include seeing an exercise physiologist or physiotherapist for help with an exercise program to improve strength and balance, speaking to your doctor if any of your medications are causing dizziness or affecting your balance, and having your eyesight checked by an optometrist or ophthalmologist if you are having problems with your vision.

If you are having frequent hypos, speak to your doctor about

changing your diabetes management and treatment goals to reduce the risk of low blood glucose levels. If you have type 2, this might include changing your medications to types that don't cause hypos.

It's also important to reduce any hazards at home that might cause you to trip or fall, such as ensuring rooms are well lit, mats or rugs are flat on the floor, electrical cords are away from walkways and regularly used items are within easy reach. Installing handrails on stairs and in the shower and using non-slip mats in the bathroom can also help to reduce falls risk.



## WANT TO KNOW HOW YOUR BONE HEALTH RATES?

Complete the 'Know Your Bones' assessment at [knowyourbones.org.au](https://knowyourbones.org.au) and take the report along to your next appointment with your GP to discuss the results.



# 10

## QUICK WORKPLACE HACKS FOR LIFE WITH DIABETES

*(For when you need the “cheat sheet” version)*

### START THE DAY STEADY

Eat a balanced breakfast before work to keep glucose stable.

### PACK A “JUST IN CASE” KIT

Glucose tabs, snacks, spare supplies and water.

### SCOUT YOUR SAFE SPOTS

Know where you can check glucose or inject comfortably.

**SET REMINDERS** Use your phone or smartwatch for testing and meal cues.

### KEEP A DESK SNACK

**STASH** Nuts, low-sugar bars or fruit for quick grabs.

### SPEAK TO ONE ALLY

A colleague who knows how to help if you go hypo.

### MOVE A LITTLE, OFTEN

Walk to a colleague’s desk, take the stairs, stretch.

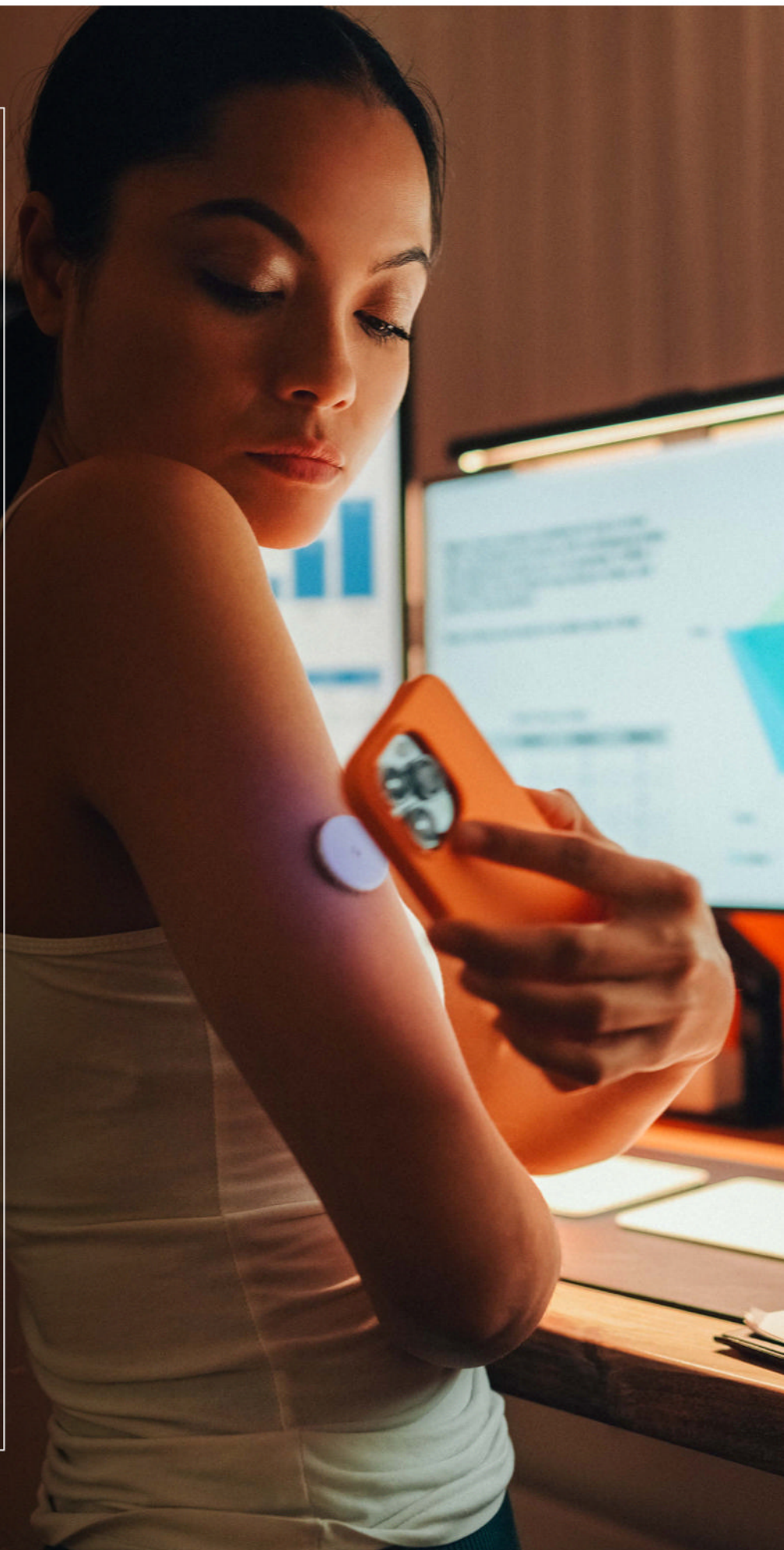
**HYDRATE** A refillable bottle at your desk is your best defence against brain fog.

### DON'T SKIP BREAKS

Your health trumps your inbox.

### CELEBRATE SMALL WINS

Every good choice is a step toward feeling stronger.





# CONFIDENCE, *Comfort, &* CONTROL

## Your guide to managing diabetes in the workplace

For most of us, work isn't just where we earn a living – it's where we spend a huge chunk of our lives. And if you're living with diabetes, that means managing blood glucose checks, medications, meal planning, and the occasional hypo... all while trying to keep your inbox under control and your boss happy.

This year's World Diabetes Day (November 14) puts the spotlight on diabetes in the workplace. It's a chance to talk honestly about the challenges – and the small but powerful actions you can take to feel more confident, supported and healthy on the job.

### 1. STIGMA: FINDING YOUR COMFORT ZONE WITH DISCLOSURE

One of the biggest stressors can be deciding how open to be about your diabetes at work. You might worry about people misunderstanding your capabilities, or about becoming “the diabetic person” in the office. And that's valid – there's still a lot of misinformation out there.

#### YOUR ACTION PLAN

**Choose your circle:** You don't have to tell everyone – but it helps to have at least one trusted colleague or manager who knows what to do if you experience a hypo.

**Prepare your script:** A simple, calm explanation like “I have diabetes, which

means I sometimes need to check my glucose or eat quickly” can prevent awkwardness later.

**Own your narrative:** If you share your story, focus on your strengths and how you manage your condition – this shifts the focus from limitation to capability.

**Remember:** You have every right to the accommodations you need, but you also have the right to privacy. Your health info is yours to share on your terms.

### 2. MAKING INJECTIONS AND CHECKS EASY (AND LESS AWKWARD)

Whether you use insulin, wear a pump or check glucose with a finger prick or CGM, you've probably faced the “Where can I do this?” question at work.

#### YOUR ACTION PLAN

**Scout your spots:** On day one of a new job – or tomorrow if you've been there a while – identify a comfortable, hygienic place for injections or checks. It could be a first-aid room, an unused meeting space or even your desk if you're comfortable.

**Ask about a fridge:** If you need to store insulin, find out if you can use the staff fridge (and pop it in a labelled container) or keep a small insulated bag at your workspace.

**Practice your moves:** The more confident you are with your routine, the less self-



conscious you'll feel – whether you're injecting in a break room or discreetly at your desk.

**Tip:** If anyone makes an unhelpful comment, a short, friendly response – “This is how I stay healthy, just like you might take vitamins or medication” – can shut down judgment.

### 3. SURVIVING THE AFTERNOON TEA TRAP

Cakes for birthdays, muffins at meetings, biscuits with tea... office food culture can be tricky when you're managing blood glucose levels.

#### YOUR ACTION PLAN

**Bring your own favourites:**

Keep a stash of snacks you enjoy and can count on – nuts, low-sugar protein bars or fresh fruit.

**Offer to contribute:** For shared events, bring a diabetes-friendly option – others will thank you for it (even if they don't have diabetes).

**Don't feel pressured:** A polite “No thanks, I'm sorted” is enough. You don't owe anyone an explanation about what you eat.

**Mindset shift:** Office food isn't a test of willpower – it's just one part of your workday. You can engage socially without having to eat what's offered.

### 4. HANDLING HYPOS AND HIGHS AT WORK

Work stress, irregular breaks or unexpected overtime can play havoc with your blood glucose levels. The key is to be ready before you need to react.

#### YOUR ACTION PLAN

**Build your hypo kit:** Keep glucose tablets, a small juice box,

or quick-acting sweets within arm's reach – desk drawer, handbag or pocket.

**Set gentle reminders:** Alarms or smartwatch nudges can help you stay on top of testing and eating.

**Have a plan with a colleague:** Even if it's just one person, make sure someone knows what to look out for and how to help.

**Pro tip:** Don't push through a hypo because you're “too busy.” Treat first, explain later – your safety comes first.

### 5. LOOKING AFTER YOUR MENTAL HEALTH

The mental load of managing diabetes and meeting work demands is real. You might feel burnt out, anxious or guilty about taking time for self-care during the day.

#### YOUR ACTION PLAN

**Take micro-breaks:** Two minutes to breathe deeply, stretch or just close your eyes can help reset stress levels.

**Use your leave:** Sick days aren't just for colds – if you're having a rough diabetes day, it's okay to take time to recover.

**Find your people:** Whether it's an online diabetes group or a local meet-up, connecting with others who “get it” can make you feel less alone.

### 6. SPEAKING UP ABOUT SAFETY

If your job involves driving, using machinery or physical work, you might have extra safety considerations. This doesn't mean you can't do your job – it just means planning ahead.

#### YOUR ACTION PLAN:

**Know your rights:** In many

places, employers are legally required to make reasonable adjustments for medical conditions.

**Plan for breaks:** Request regular testing and snack breaks if you need them – these aren't “special treatment,” they're safety measures.

**Review your schedule:** If certain shifts or long hours make your diabetes harder to manage, talk to your manager about possible adjustments.

### 7. SMALL WINS FOR A HEALTHIER WORKDAY

Some days, diabetes can feel like another full-time job. The trick is to build habits that make life easier without adding to the overwhelm.

#### TRY:

Walking meetings or short strolls at lunch to boost mood and glucose management.

**Hydration hacks** – keeping a water bottle at your desk.

**Balanced lunches** – a mix of protein, fibre and healthy fats will help you avoid mid-afternoon crashes.

### 8. THIS WORLD DIABETES DAY, YOUR VOICE MATTERS

World Diabetes Day is about more than awareness – it's about action. This year's focus on diabetes in the workplace is a chance for you to:

- **Share your experience with colleagues or HR.**
- **Suggest small changes, like healthy snack options or flexible break times.**
- **Celebrate your own wins – managing diabetes at work is no small feat.**





*MYTH 1: "You can't do certain jobs if you have diabetes."*

*FACT: With proper management and reasonable adjustments, most people can perform any role safely.*

## **BUSTING 3 BIG WORKPLACE DIABETES MYTHS**

*(Because you deserve facts, not fiction)*

*MYTH 3: "Diabetes is always obvious."*

*FACT: Many signs are invisible – colleagues may not know you're managing symptoms unless you tell them.*

*MYTH 2: "If you eat cake at work, your diabetes mustn't be that 'bad'."*

*FACT: One treat doesn't define your diabetes control – context, balance and medication matter.*

## **WORK IT, 'COS YOU'RE WORTH IT**

Managing diabetes at work isn't about getting everything right all the time – it's about finding what works for you, making small adjustments and giving yourself credit for every step you take. You're not alone in this. Every glucose check, every conversation, every snack choice is an act of self-care that helps you thrive.

This November 14, take a moment to recognise how much you're already doing – and how much strength it takes to balance your health with your career. That's worth celebrating, every single day.





When it comes to managing diabetes, most people focus on blood glucose, medication and diet. But one of the most overlooked – and potentially serious – complications lies much lower: your feet.

## FOOT CARE 101

# SMALL HABITS THAT COULD SAVE YOUR FEET

**F**oot problems are incredibly common in people with diabetes due to reduced circulation, nerve damage (neuropathy) and a higher risk of infections. The good news? A few simple, consistent habits can make all the difference in keeping your feet healthy and avoiding serious complications, including ulcers and even amputation.

Here's your daily guide to foot care that's easy to do and easy to forget – but far too important to ignore.

### 1 Check your feet every day (*yes, every day*)

This one habit can save you a world of trouble. Diabetes can dull the nerves in your feet, making it harder to feel cuts, blisters or sores. Left unnoticed, these small issues can quickly become serious.

#### **What to look for:**

- Cuts, blisters, redness or swelling
- Ingrown toenails or cracked skin
- Any spots that feel unusually warm (a sign of possible infection)
- Changes in colour or shape

**Pro tip:** Use a mirror or ask a loved one to help if you have trouble seeing the bottom of your feet.



2

### TRIM TOENAILS CAREFULLY

Keep nails straight across and not too short. Cutting into the corners can lead to painful ingrown toenails, which are harder to heal for people with diabetes.

If you have trouble seeing or reaching your feet, consider having a podiatrist or foot care nurse trim your nails safely.

3

### WASH AND DRY (BUT NOT TOO DRY)

Clean feet are healthy feet. Wash your feet daily with warm (not hot!) water and mild soap. Avoid soaking, which can dry out the skin.

**IMPORTANT:** Dry thoroughly, especially between the toes where moisture can lead to fungal infections.

After drying, apply a moisturiser to the tops and bottoms of your feet to prevent cracking. Avoid putting lotion between your toes, as excess moisture there can invite infection.



### Choose foot-friendly footwear

Shoes play a huge role in foot protection. Ill-fitting or unsupportive footwear can cause blisters, calluses or pressure sores – problems that might go unnoticed until it's too late.

**Look for:**

- Shoes that fit well (not too tight or loose)
- Seamless interiors to avoid rubbing
- Soft, cushioned soles
- Closed toes for protection
- Avoid going barefoot – even at home – to prevent accidental injuries.

**Bonus tip:** Check the inside of your shoes before wearing them. A small stone or rough seam can cause damage you might not feel.



## foot health



### KEEP THE BLOOD FLOWING

Good circulation helps keep your feet healthy and supports healing. Diabetes can restrict blood flow to the extremities, so a few simple habits can help boost circulation:

- Wiggle your toes and move your ankles when sitting
- Avoid crossing your legs for long periods
- Take walking breaks every hour if sitting for long stretches
- Elevate your feet when resting to reduce swelling
- Quit smoking – nicotine narrows blood vessels and drastically reduces circulation



### HYDRATE AND PROTECT

Dry, cracked skin is not just uncomfortable – it's a doorway for bacteria. Keep your skin hydrated from the inside out by drinking plenty of water throughout the day. And don't forget about sun protection – if you're wearing sandals or spending time outdoors, apply sunscreen to the tops of your feet.

In colder weather, protect your feet with warm socks made of breathable materials like wool or moisture-wicking blends.



### KNOW WHEN TO SEE A SPECIALIST

Even with great home care, it's essential to have your feet professionally examined at least once a year – or more if you've had previous foot issues.

A podiatrist can spot problems early and offer guidance on proper footwear and care.

**Seek help immediately if you notice:**

- A wound that doesn't heal
- Signs of infection (redness, warmth, pus, foul odour)
- Numbness, tingling or persistent pain
- Skin darkening or changes in shape

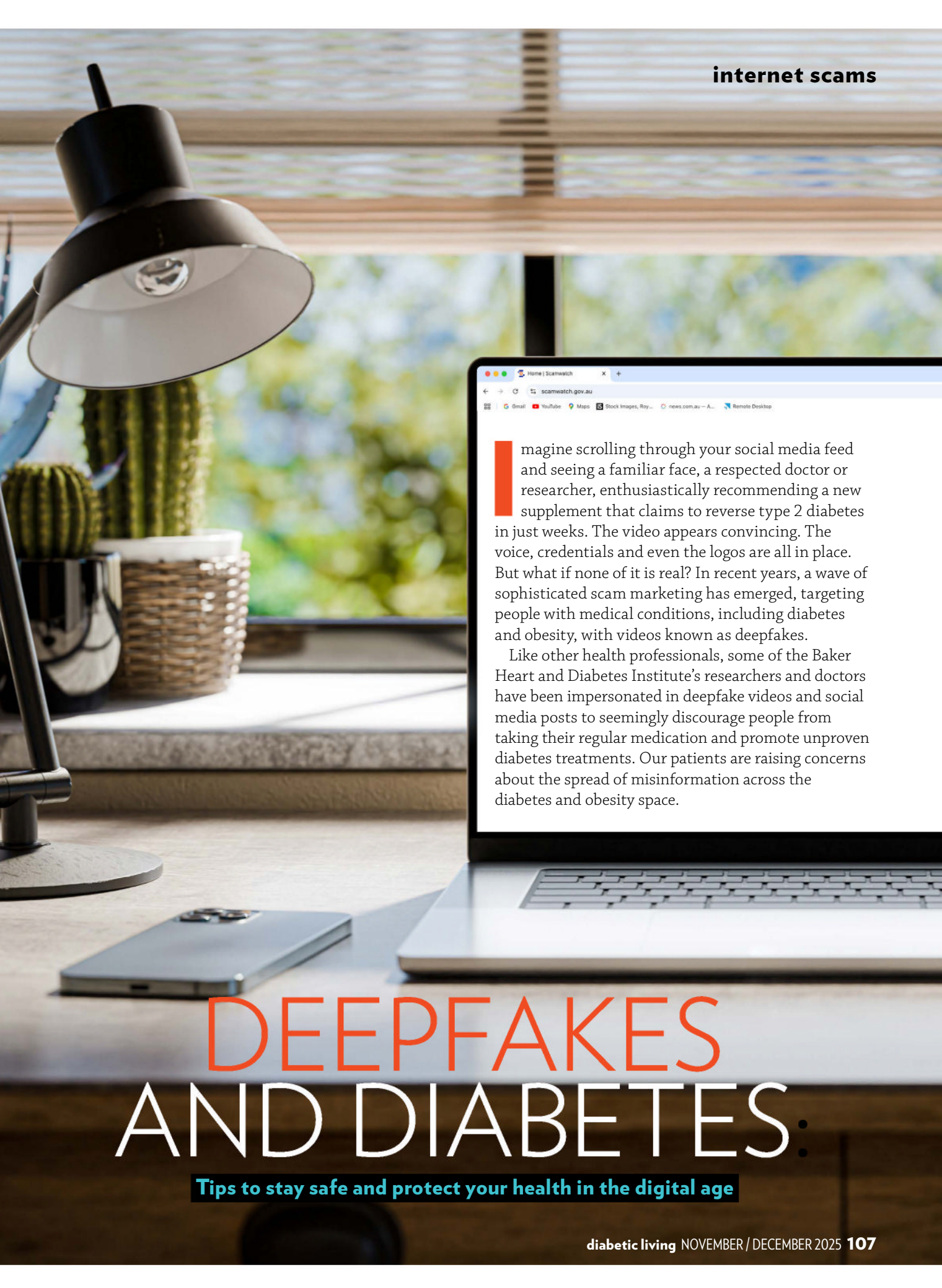
### Small habits, big impact

Foot care might not feel urgent – until it is. But these small, daily habits can prevent life-altering complications. Think of your foot care routine as just as important as checking your BGLs or taking your medications. A few minutes a day can protect your mobility, independence and overall quality of life.

Because when it comes to your feet, a little attention goes a long way.

Take care of your feet – they're the only pair you've got! ■



A photograph of a desk setup. On the left, a black desk lamp is positioned over a desk. In the background, a window with horizontal blinds looks out onto a green, leafy landscape. On the desk, there is a laptop, a smartphone, and a small potted cactus. The laptop screen displays a web browser with the URL 'scamwatch.gov.au' and a text overlay about deepfakes and diabetes.

Imagine scrolling through your social media feed and seeing a familiar face, a respected doctor or researcher, enthusiastically recommending a new supplement that claims to reverse type 2 diabetes in just weeks. The video appears convincing. The voice, credentials and even the logos are all in place. But what if none of it is real? In recent years, a wave of sophisticated scam marketing has emerged, targeting people with medical conditions, including diabetes and obesity, with videos known as deepfakes.

Like other health professionals, some of the Baker Heart and Diabetes Institute's researchers and doctors have been impersonated in deepfake videos and social media posts to seemingly discourage people from taking their regular medication and promote unproven diabetes treatments. Our patients are raising concerns about the spread of misinformation across the diabetes and obesity space.

# DEEPPFAKES AND DIABETES:

**Tips to stay safe and protect your health in the digital age**



## What are deepfakes?

Deepfakes are digitally manipulated clips that use artificial intelligence (AI) to mimic the appearance of real people, often including trusted healthcare professionals or media personalities, typically without their knowledge or consent. Deepfake videos are made with AI tools that can manipulate or generate realistic-looking media. These tools employ deep learning algorithms to analyse genuine footage of a person, such as a doctor speaking in a news interview, and then digitally alter their appearance, voice or expressions to make it seem as if they are saying something different. With just a short sample of someone's voice, AI can clone their speech patterns and produce convincing audio. Video manipulation is also common, syncing new words to mouth movements, changing facial expressions or generating entirely new content.

The quality of deepfake videos varies widely. While some are crude and easy to spot, others are highly sophisticated and can be difficult to identify, especially on small screens or when viewed quickly. This technology, once developed for special effects in the entertainment industry, is now being exploited by scammers to promote unproven health products for financial gain on social media platforms such as YouTube, Facebook and TikTok.

## How to spot a scam

So, how can you tell if a video is a deepfake? While some are easy to spot, others can be surprisingly convincing. There may be subtle signs – the person's voice may not quite match their lip movements, their blinking may seem unnatural, or their facial expressions may be stiff or robotic. Sometimes the lighting or background looks slightly off or the person's teeth and mouth do not move as expected. Another sign to exercise caution is if the video promotes a product with bold claims, such as reversing diabetes in 30 days, or 15 kilograms of weight loss in a month, or encourages you to stop taking prescribed medication.

Remember that doctors are restricted from selling or promoting drug or device sales and should declare industry associations. Most organisations, including the Baker Heart and Diabetes Institute and Diabetes Australia, do not permit logo use for product promotion.

## THINK BEFORE YOU CLICK:

### How are they dangerous?

False endorsements can cause people to abandon proven, evidence-based treatments for their medical conditions, waste money on ineffective or unsafe products, or lose trust in healthcare providers. What also makes deepfake videos especially concerning is how quickly misinformation spreads online. Studies show that false health claims are shared more widely and rapidly than accurate ones, making it harder for people to distinguish fact from fiction.

As deepfake technologies improve, spotting scams will become increasingly challenging, especially for those who heavily rely on social media for their health advice. Therefore, increasing public awareness, digital literacy and health literacy are essential to prevent people from falling victim to such scams.

Some people have stopped taking their prescribed medications in the hope of finding 'safer', 'faster' or 'more natural' alternatives. Others have spent large amounts of money on products that do not work or that have never arrived. For example, there have been scams promoting blood glucose monitors. Some colleagues had their names, institutional logos and photos used in Meta accounts, falsely portraying them promoting a non-invasive blood glucose monitor and appearing to answer questions from viewers. No monitor of this



type has achieved Therapeutic Goods Association (TGA) registration.

In some cases, people have unknowingly entered their credit card or bank details into fraudulent websites, putting themselves at risk of identity theft or having their accounts hacked. If you come across a suspicious video or post, resist the urge to share or repost, even if your intention is to warn others. Sharing scam content, even with a cautionary message, can unintentionally amplify its reach and make it appear more credible. Instead, take a screenshot or copy the link and report it to the relevant platform or organisation. Alert your healthcare provider or a trusted diabetes organisation so they can help verify the content and take appropriate action. By avoiding the spread of misinformation, you're helping to protect others, including your friends and family, from being misled or harmed.

### What to do if you've been affected

If you've passed on your details after encountering a suspicious video, website or product, it's essential to know that you're not alone and it's not your fault. These scams are deliberately designed to be convincing and emotionally persuasive. It's best to act quickly and seek support. Start by talking to your GP, diabetes educator, or endocrinologist to ensure your health hasn't been compromised. If you've entered financial details, contact your bank immediately to secure your accounts. You can also report scams to Scamwatch, a website run by the Australian Competition and Consumer Commission (ACCC), to identify new scams, disrupt existing scams and warn consumers and businesses. Alternatively, you can report scams to the Therapeutic Goods Administration (TGA) if the product involves medicines or medical devices.

### Only trust reliable sources of diabetes information

In a world where misinformation can spread faster than facts, remember when it comes to managing diabetes or other chronic medical conditions, your GP,

endocrinologist or diabetes nurse educator should be your first point of contact. They can help you verify information, guide you towards safe and effective treatments, and advise on potential medication interactions or risks. Beyond your health care team, several reputable organisations can also provide reliable, up-to-date information.

The Baker Heart and Diabetes Institute offers valuable resources provided by its team of clinicians, researchers and educators. The website contains practical and straightforward tips to help avoid scams. Diabetes Australia offers a wide range of resources, including alerts about known scams. Always look for information that is backed by peer-reviewed research and approved by regulatory bodies. If you are unsure, ask your healthcare provider to help you verify what you have seen online.

### Keep yourself safe

Living with diabetes and other chronic conditions requires making daily health choices, and these should be guided by current, trustworthy, unbiased and evidence-based information. Remember, if something sounds too good to be true, it probably is. By staying informed, asking questions, and relying on credible sources, you can safeguard yourself and those around you.



This article has drawn on a paper published in *Internal Medicine Journal* about AI-generated deepfakes in healthcare and biomedical research and the major adverse implications for patients, the public and health professionals.

This was written by Baker Heart and Diabetes Institute experts led by Alicia Jenkins.





**TIRED?**

**STRESSED?**

**OVER IT?**



**We get it – there are some days when you just really can't be bothered thinking about healthy eating. Here's your solution...**

**L**et's face it – managing diabetes isn't just about numbers. It's about energy, mood and motivation. And when you're exhausted, stressed out or emotionally drained, the last thing you want to do is cook a picture-perfect meal or count carbs like a human calculator. Diabetes burnout is real, and so is food fatigue – the mental and emotional weariness that makes even choosing a snack feel like too much.

So what can you eat when your tank is empty and you're tempted to reach for chips, biscuits or skip food altogether? Here's your realistic, judgement-free guide to simple, satisfying, blood-glucose-friendly meals and snacks for those "I'm over it" days.

### Understanding the problem – why we make less-than-ideal food choices

Before we jump into food ideas, let's talk about why we fall into patterns of emotional eating or food fatigue.

**Decision fatigue:** By the end of a long day, your brain has made hundreds of decisions. Choosing what to eat becomes one more task.

**Comfort cravings:** Stress and exhaustion make your body crave quick hits of energy – often in the form of carbs, sugar or salty snacks.

**All-or-nothing thinking:** You might feel like if you can't make the perfect diabetes-friendly meal, you may as well not bother.

**Burnout:** Long-term management of diabetes can lead to exhaustion with constant planning, prepping and glucose monitoring.

Understand that this isn't about lack of willpower – it's about being human. The solution? Gentle,

nourishing choices that meet you where you are.

### Key principles for eating when you're tired, stressed or over it

No perfection required – You don't need to eat a "superfood salad" or cook from scratch to nourish your body.

#### Protein + fibre + fat = stability

Aim for foods that combine these three to keep blood glucose steady and you fuller for longer.

**Batch and repeat** Having a short list of go-to meals or snacks can take the pressure off.

**Be kind to yourself** If you've had a rough day, eating something less-than-ideal doesn't mean you've failed. It means you're learning and adapting.





## meal planning

### Fast and easy meals for the “I can’t cook” mood

These meals come together in under 15 minutes with minimal clean-up.



#### 1. Eggs + toast + vegies

**Why it works:** Eggs are rich in protein and fat, wholegrain toast gives you fibre and baby spinach or cherry tomatoes rounds it out.

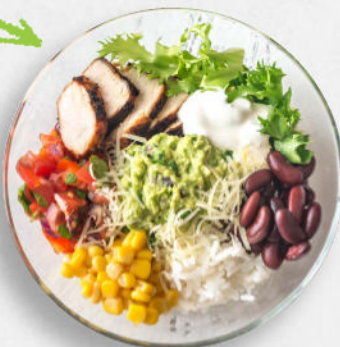
**Boost it:** Sprinkle cheese, use avocado instead of butter or top with chilli sauce.

#### 2. Roasted chicken bowl

**Ingredients:** Shop-bought roasted chicken, canned black beans, tinned corn, salsa and a handful of greens.

**Why it works:** Protein, fibre and flavour with zero cooking.

**Optional:** Wrap it in a low-carb tortilla or serve over cauliflower rice.



#### 3. Cottage cheese + fruit + nuts

**Why it works:** Balanced macros in a bowl. Cottage cheese offers protein, fruit gives natural sweetness and nuts add healthy fats.

**Best picks:** Berries for lower glycaemic impact, almonds or walnuts for crunch.

#### 4. Frozen vegie stir-fry with pre-cooked protein

**Ingredients:** Frozen mixed vegies and pre-cooked prawns, tofu or chicken.

**Quick hack:** Toss in olive oil and soy sauce or a splash of teriyaki. Done in 10 minutes.



#### 5. Soup + something crunchy

**Pair ideas:** Lentil soup + wholegrain biscuits or tomato soup + cheese crisps.

**Why it works:** Comfort food that's warm, filling and easy on blood glucose (if low in added sugars/carbs).

### “Snack plate” dinners – no cooking, still nourishing

Sometimes, assembling a few healthy snacks is easier than preparing a meal.

#### Try combinations like:

- Apple slices + peanut butter + a slice of cheddar
- Hard-boiled eggs + hummus + raw vegies
- Greek yoghurt + chia seeds + a few berries
- Deli turkey roll-ups + cucumber slices + olives

These are great for days when dinner feels impossible but blood glucose management still matters.

### Real-life snacks that don't spike blood glucose levels

When your brain screams “I need a treat!”, try these satisfying options.

- **Dark chocolate (70%+) + almonds** – A little goes a long way.
- **Popcorn + sprinkle of parmesan** – High volume, low carbs.
- **Protein bar** – Look for bars with <10g sugar and >10g protein.
- **Chia pudding** – Make ahead and flavour with cocoa or cinnamon.
- **Tuna pouch + wholegrain biscuits** – Savoury, filling and portable.
- **Mini quesadilla** – 1 small wholegrain tortilla + cheese, warmed.

### How to outsmart emotional eating

We don't always eat because we're hungry – we eat because we're sad, bored, lonely or exhausted. Here's how to pause before diving into the snack drawer:

- 1. HALT Check-In** Before eating, ask, “Am I Hungry, Angry, Lonely or Tired?” This simple mental check can reveal what you really need.
- 2. Build a comfort menu** Make a list of non-food comforts (bubble



bath, walk outside, music or texting a friend) to turn to when emotions hit hard.

**3. Create a snack ritual** If you're going to emotionally eat, try doing it mindfully: sit down, use a plate and enjoy every bite. You're not "bad" for eating – you're coping.

### **Burnout-proof your kitchen – meal-prep for future you**

On days when you do have energy, consider prepping ahead. It doesn't have to be a huge undertaking – even prepping two days ahead can make a world of difference.

**Protein packs:** Hard-boiled eggs, grilled chicken or bean salad

**Freezer heroes:** Single-serving soups, veggie burgers or stews

**Snack bins:** Organise fridge and pantry snacks for grab-and-go ease

**Batch breakfast:** Overnight oats, egg muffins or freezer smoothies

### **When to reach out for help**

If emotional eating or burnout is constant, it's a sign you may need more support. Consider talking to:

- A registered dietitian specialising in diabetes
- A therapist who understands chronic illness and food-related emotions
- A support group (online or local) where others "get it"

Asking for help isn't weakness – it's wisdom.

### **Grace over guilt**

Tired, stressed and over it? That doesn't mean you've failed. It means you're living real life. The goal isn't perfection – it's support, simplicity and nourishment.

Start small. Keep a few go-to meals and snacks in your back pocket. Give yourself credit for showing up, even when it's hard. Your body – and your blood sugar – will thank you. You've got this. One snack plate at a time.





# EATING WELL



# BEING WELL



## HOW A DIETITIAN CAN HELP

The ADA Standards of Care recommend that everyone with diabetes should have access to an individualised medical nutrition therapy program provided by a dietitian, preferably one who has comprehensive knowledge and experience in diabetes care.

An Accredited Practising Dietitian (APD), can help you understand how food affects your blood glucose levels and other aspects of your health, how to balance food with medication or insulin, and can help you to develop an eating plan based on your individual needs and food preferences. To find an APD, visit [dietitiansaustralia.org.au/find-dietitian](http://dietitiansaustralia.org.au/find-dietitian)



If you're unsure about what to eat, you are certainly not alone. There's a lot of confusing and conflicting nutrition information available, particularly for people with diabetes. *DL Magazine* dietitian and diabetes educator, Dr Kate Marsh discusses the latest nutrition recommendations for people with diabetes and how you can use these to build your own nutrition plan.

### NUTRITION AND DIABETES: WHAT DOES THE EVIDENCE SAY?

A good place to look for the latest evidence-based recommendations is the American Diabetes Association (ADA) Standards of Care in Diabetes. Published every year, based on the latest scientific evidence, the standards provide clinical practice recommendations for all aspects of diabetes management, including nutrition.

#### **Following are the key nutrition recommendations from the 2025 Standards of Care:**

■ **Individualisation:** There is no one-size-fits-all eating pattern for people with diabetes, and meal planning should be individualised. Recommendations should be based on an assessment of your current eating patterns, food preferences, and health goals.

■ **Focus on eating patterns rather than nutrients:** Recommendations are moving away from emphasising macronutrients (carbs, protein and fat) and micronutrients (vitamins and minerals) towards focusing on foods and eating patterns. Several eating patterns, including Mediterranean, DASH (Dietary Approaches to Stopping Hypertension), low-fat, carbohydrate-restricted, vegetarian and vegan diets, have been shown to have benefits for diabetes management. Until there is stronger evidence for specific eating patterns, the ADA recommends

### BALANCING CARBS AND DIABETES MEDICATIONS

Depending on how you manage your diabetes, learning to match your carb intake with your diabetes medications, and/or spreading your carb intake over the day, can be an important part of managing blood glucose levels.

If you use insulin, learning how different carbohydrate foods impact blood glucose levels (along with the effect of fat and protein) is important for optimising insulin dosing at meals.



## nutrition

focusing on the common elements mentioned in these dietary patterns. This means a diet which includes non-starchy vegetables, whole fruits, legumes, minimally processed wholegrains, nuts, seeds and low-fat dairy products, and minimising consumption of red meat, added sugars (including sugar-sweetened beverages), refined grains and ultra-processed foods.

■ **Go for nutrient density:** Nutrient-dense foods are those which are high in micronutrients while being relatively low in energy (kilojoules). This helps to ensure you are meeting all your nutritional needs, especially if you are following a lower energy diet to help with weight management.

■ **Be choosy about your carbs:** Carbohydrates are an important macronutrient for people with diabetes, as carbs have the most direct effect on blood glucose levels. However, cutting out carbs isn't necessarily the solution for managing blood glucose levels. The ADA says there is some evidence to support the benefits of lower carbohydrate diets, particularly for type 2 diabetes, but conclude that there is insufficient evidence to support an optimal amount of carbohydrate for people with diabetes. Regardless of carbohydrate quantity, they recommend focusing on high-quality, nutrient-dense carbohydrate sources that are high in fibre and minimally processed. This includes vegetables, fruits, legumes, wholegrains and dairy products. The consumption of sugar-sweetened beverages and processed foods with high amounts of refined grains and added sugars that can displace healthier, more nutrient-dense food choices should be minimised.

■ **Switch to healthier fats:** Choose foods high in monounsaturated and polyunsaturated fats such as fatty fish, avocado, nuts and seeds, and limit intake of foods high in saturated fat (e.g., fatty cuts of meat, butter and coconut oil). Avoid trans fats, mainly found in ultraprocessed foods.

■ **Get some protein from plants:** Include more plant-based protein sources



### MALNUTRITION MATTERS

The 2025 Standards of Care now recommend screening for malnutrition risk, especially in people who have had weight-loss surgery or are taking weight-loss medications. If you are eating less because of weight-loss surgery or meds, it's harder to get all the nutrients you need. A dietitian can help you to develop a meal plan to ensure you are still meeting all your nutritional needs.

such as legumes, soy foods, nuts and seeds. Consider including these as part of a healthy eating pattern such as a Mediterranean-style diet to reduce heart disease risk.

■ **Go easy on salt:** Limit sodium intake to no more than 2300 mg/day (1 teaspoon). While not adding salt to your meals or cooking is a good start, most of the sodium in our diet comes from processed foods. So always check the sodium content when shopping and try to choose products with the lowest sodium content.

■ **Avoid or limit alcohol:** If you choose to drink, limit your intake to no more than 2 standard drinks/day for men and 1 standard drink/day for women. If you take insulin or sulphonylureas, it is important to be aware of the risk of delayed hypo after drinking alcohol and how to reduce the risk.



## LOW CARB CAUTION

If you are considering a lower carb eating pattern, it's important to consider any medications you are taking. If you are taking insulin or sulphonylureas (glibenclamide, gliclazide, gliclazide MR, glimepiride, glipizide) it is important to speak with your doctor before cutting down on carbs, so they can help you to adjust your medication doses to reduce the risk of hypoglycaemia (low blood glucose levels). If you are taking SGLT2 inhibitors (dapagliflozin, empagliflozin, ertugliflozin) you should avoid ketogenic (very low carbohydrate) diets as cutting carbs while taking these meds can increase risk of diabetic ketoacidosis (DKA).

## NUTRITION THERAPY GOALS

Nutrition for diabetes isn't just about managing blood glucose levels and weight. Your eating plan should be individualised to your specific needs and health goals and should:

- **Promote and support healthy eating patterns**, emphasising a variety of nutrient-dense foods in the right amounts for your energy needs which contribute to improving your overall health, achieving and maintaining your body weight goals, meeting your individualised goals for blood glucose levels, blood fats and blood pressure, and delaying or preventing the complications of diabetes.

- **Consider your personal and cultural preferences**, access to healthful foods, willingness and ability to make dietary changes, and any barriers to change.

- **Maintain the pleasure of eating.**
- **Include practical tools for developing healthy eating patterns** rather than focusing on individual macronutrients, micronutrients or single foods.

## FOODS TO INCLUDE IN A DIABETES-FRIENDLY EATING PLAN

**Vegetables**, especially non-starchy vegetables in a variety of colours (including dark green, red and orange). They can be fresh, frozen or canned without salt.

**Legumes**, including dried beans, peas and lentils.

**Fruits**, especially whole fruit, either fresh, frozen or canned in natural juice (no added sugar).

**Wholegrain foods** such as 100 per cent whole-wheat breads or pastas, and brown rice. The ADA also say that where this isn't culturally appropriate (e.g. white rice in a traditional Asian or Indian diet), then there should be more focus on portion control.

**High fibre foods** – when reading labels, look for those with at least 3g of fibre per serving, particularly for foods like breads and cereals.

**Plant-based proteins** such as legumes (e.g., soybeans, pinto beans, black beans, chickpeas, dried peas and lentils), nuts and seeds.

**Lean cuts of meats and poultry**

**Wild-caught fatty fish** such as salmon, tuna, sardines and mackerel – these can be fresh, frozen or canned without salt.

**Fresh or dried herbs and spices** to season foods instead of salt or salt-containing condiments and sauces.

**Water** as your main beverage. If you don't like plain water, try natural sparkling water and add lemon or lime slices to flavour.





**“Being misdiagnosed just sucked. I don’t want anyone else to experience that.”**

*my story*

KAT, TYPE 3C





A sudden, chronic pain condition led to Kat Jury, 37, being diagnosed with diabetes. But Kat was initially misdiagnosed with type 2 and had to fiercely advocate to finally get the correct diagnosis of type 3c.

My diagnosis came totally out of the blue, about 14 months ago. I had my daughter in 2015 and nearly failed the gestational diabetes test. I had to re-take it and passed the second one, but only just. But nobody followed up.

### *Life-changing symptoms*

In April 2023, I started to get random episodes where I'd get really sick after eating. I thought that I had food poisoning. This happened about four times. After that, I started getting nerve pain down one side of my face. I was diagnosed with trigeminal neuralgia – a chronic pain condition impacting the trigeminal nerve, which is responsible for sensation in the face, characterised by sudden and intense pain that can feel like an electric shock. It was the worst pain I could ever imagine. It started in the cheekbone and radiated down to my teeth. It got so bad I almost went to the emergency department but couldn't because I didn't have anyone to look after my child.

I also lost a large amount of weight, without trying, over the course of 2023. I lost 34 kilos even though I was eating more than my husband at the time! At first I assumed it was because of work, we were contract gardeners. I was drinking loads of water as well, about three litres just before breakfast. I was also suffering from hair loss, which the doctor thought was a thyroid issue.

### *The wrong diagnosis*

My GP wanted to put me on a particular medication to treat the trigeminal neuralgia. It's an anti-epileptic, which works well for nerve pain. To start this medication, I had to have a blood test and be tested for diabetes, which hadn't been checked since my daughter was born, eight years prior. The next day they called and said I needed to come in straight away as the diabetes markers were through the roof. I went in and when they did the finger prick test, my blood sugar levels were 25.8 mmol/L and my ketones were at 0.9. My HbA1c level was at 112 mmol/mol (12.4 per cent).

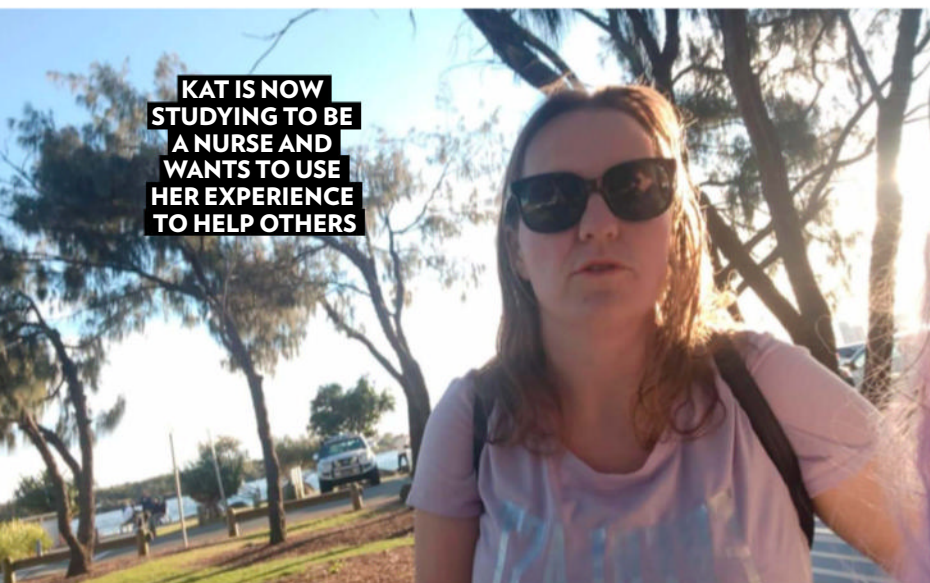
I was sent home with ten units of Lantus (insulin glargine), which wasn't nearly enough. I was so lucky nothing went wrong. It was just assumed that I had type 2,



**KAT FOUGHT  
TO GET AN  
ACCURATE  
DIAGNOSIS**



**KAT IS NOW  
STUDYING TO BE  
A NURSE AND  
WANTS TO USE  
HER EXPERIENCE  
TO HELP OTHERS**



despite the weight loss and ketones. I was told I had insulin-dependent diabetes. There was a subtle clue that the diagnosis was incorrect in one of my blood test markers. The marker for lipase (an enzyme produced by the pancreas) was really low but nobody flagged it at the time.

### **Medication disaster**

I was also given a type 2 medication, which of course didn't work because I don't have type 2. It was called Galvumet and it's a combination of Metformin and another drug that forces your pancreas to produce insulin.

I later managed to get on a CGM trial and was able to see my blood sugar levels in real time, for the first time. I could see how high the levels would go after eating, because they didn't give me any meal-time insulin. I went back to the doctor and asked for bolus insulin. I was told to take two units per meal. It still wasn't enough but I managed to figure out on my own what the ratio should be. It was a guess really, but I got sick of sitting at 18 (mmol), feeling terrible and drinking litres and litres of water.

I carried on like this for about six months. Then I approached the Aotearoa Diabetes Collective in Hamilton because I wanted to get an insulin pump and the NZ government had just started funding them. I worked out that if I paid for the private training, I could get one.

### **A proactive doctor**

I saw Dr Ryan Paul, a private endocrinologist through the Hamilton clinic, who wasn't happy with my diagnosis of type 2, or insulin-dependent diabetes. He did a CT scan in November 2024 and that was when we discovered that I have hypoplasia of the pancreas – a congenital condition where the pancreas is underdeveloped or missing. I was born missing most of my pancreas, I only have the 'head' of that organ.

It was such a relief to have a definitive diagnosis. I essentially have type 1 but experts call it type 3c because it is caused by my lack of a pancreas (which produces insulin), rather than an autoimmune condition. My case is unusual, from what I can tell, it's one of about 100 worldwide. (Turn to page 121 to read about type 3c.)

I now take digestive enzymes as well, because the pancreas also plays a crucial role in digestion. I was never able to digest food properly but didn't know why, I was told I had irritable bowel syndrome (IBS) for 20 years!

### **Technology matters**

A couple of weeks after the CT scan and diagnosis, I was able to get an appointment to get a pump and have the training. I've had an insulin pump ever since then, which is amazing. The government started funding CGMs in October 2024, which was a relief as I had been privately funding mine up until that point. It was very expensive!

Between my pump, CGM and the digestive enzymes, I'm in a pretty good place right now. I haven't woken up to a low in eight months. I'm really confident with my insulin pump and can program it myself if anything changes. I can tell that when the taste of food changes (for instance a glass of milk would taste like nail polish remover, which is an indication of ketones), I would need to adjust my basal rate.

I've just started a nursing degree. My experience and my own research has made me very interested in healthcare in general, and diabetes care in particular. I've even written a 13-page thesis on what happens when you misclassify someone in my situation. I really want to help other people with diabetes and hopefully ensure nobody else has to go through what I did to get to where I am today. Being misdiagnosed just sucked. I had so many questions and nobody was able to give me any answers for a long time. I don't want anyone else to have to experience that.





Type 3c diabetes, also known as pancreatogenic diabetes, is a form of secondary diabetes caused by damage to the pancreas, which impacts its ability to produce insulin. Turn to page 118 to read about Kat's experience with type 3c.

Primary diabetes, like type 1 and type 2, can have multiple causes, but develops due to issues with insulin production or action (typically insulin resistance or an autoimmune condition). Secondary diabetes differs in that it is caused by complications with medication, endocrine disease or hereditary disease.

### A secondary type

Type 3c is one of the most common forms of secondary diabetes. It is caused by illness, condition or damage to the pancreas. The pancreas is part of the endocrine system and has two important jobs. The first is to create and release the hormones insulin and glucagon, to control blood sugars. The second is to secrete enzymes (lipase and amylase) to help with digestion of food.

If the damage is severe enough, the pancreas might stop producing enough insulin for the body to balance glucose levels. Type 3c is relatively rare, it is estimated that between one and nine per cent of diabetes cases may be type 3c. The estimated range is very wide because it isn't a well-known variant, and people are often misdiagnosed with type 2.

### Causes of type 3c

The underlying cause of type 3c diabetes is always when the pancreas sustains enough damage to affect its ability to produce insulin. **There are a number of ways this can occur, including:**

- › Chronic or acute pancreatitis (inflammation of the pancreas)
- › Pancreatectomy (surgical removal of the pancreas)
- › Pancreatic cancer
- › Cystic fibrosis

- › Severe pancreatic injury
- › Haemochromatosis (iron overload)

### Symptoms to be aware of

Many of the symptoms of type 3c can be the same as other forms of diabetes, leading to a high incidence of misdiagnosis. Aside from the usual symptoms like increased thirst, frequent urination, fatigue, blurred vision and so on, **some signs of type 3c to look out for include:**

- › Unintentional weight loss
- › Stomach pain, gas and bloating
- › Constipation or diarrhoea
- › Fatty stools
- › Hypoglycaemia (low blood sugar)

If you experience any of these symptoms, it's important to see your healthcare team.

### Treatment and management

The treatment for type 3c diabetes will depend on the cause, and the extent of the damage to your pancreas. Most people with type 3c will take a medication like Metformin, and/or insulin via injections or an insulin pump. You may also need to take digestive enzymes to help with your digestion.

Your treatment may change over time depending on the condition of your pancreas. You would need to closely monitor your blood glucose levels. A continuous glucose monitor might be a good option rather than multiple finger prick tests per day. Lifestyle changes such as diet and exercise may also be beneficial but it's important to consult with your healthcare team before making any changes.





# Festive-season stress?

Feeling stressed in the lead-up to Christmas? You're not the only one, but a few key exercise tips and tricks could help you work it out.

# SWEAT IT AWAY!



Even if you're a die-hard Christmas fan, there's no escaping the fact that the festive season can be hectic and expensive. Throw in the potential for a few fraught family moments and the pressure to make your celebrations perfect and it all adds up to one thing – stress.

No surprise then that as many as 70 per cent of Australians agree that Christmas is a tense time.

Good news: something as simple as being active could dial your stress levels down. But, with recent research showing that not all exercise is created equal when it comes to boosting mental health, here's how to make it work this season.

## What a stress-less workout looks like

While the 'any exercise is better than none' approach is certainly true when it comes to the physical health perks, research suggests the same can't necessarily be said for the psychological benefits. For example, while the activity accumulated by doing housework or skipping the escalator to take the stairs adds up as far as your heart health's concerned, a new study from researchers in the United States suggests the mental boost

from exercise depends more on the 'why' and the 'where' than the 'what'. This three-step science-backed plan can help you get it right – and while choosing an exercise that nails all three is the ultimate goal, achieving just one is a good place to start at this time of year.

### 1 Choose something fun

Research suggests that higher-intensity types of exercise might be more effective than low-intensity ones at helping your body keep a lid on its levels of a stress hormone called cortisol. But if you don't find high-energy exercise fun, trying to stick with them is counterproductive if it means you'll work out less as a result. So, it's important to do something you genuinely enjoy. And the results of a study published earlier this year confirmed that when people did that, their stress levels dropped regardless of the type of activity they did.

### 2 Make it a group activity

Some research suggests that compared to solo exercise sessions, exercising with other people is not only more effective at

lowering stress levels, it takes less exercise to produce that result, too. So, whether it's a group exercise class, playing a team sport or simply turning your love of walking or jogging into a group activity by attending a Parkrun event near you on a Saturday morning, consider making at least some of your workouts communal events. Not familiar with Parkrun? Head to [parkrun.com.au](http://parkrun.com.au) to find a local event.

### 3 Pick a pleasant setting

In the same way that 'fun exercise' varies between people, different exercise environments will hold different appeal too, so seek one that makes you feel good. A safe bet for your stress levels? Research suggests it's heading outdoors. A study in 2023 compared how effectively a fitness class reduced feelings of stress depending on whether it was performed indoors or out. The findings showed that the outdoor class delivered a significantly better result. One explanation may be the fact that being outdoors often means being exposed to a healthy dose of nature, something which has a beneficial effect on stress levels all by itself.







## Don't let stress sideline your **WORKOUT**

While research shows that exercise can reduce stress levels, unfortunately it's also one of the first things we tend to skip when we have a lot on our plate, and studies suggest that when people are stressed out, they tend to be less active.

Thankfully, there are some helpful hacks you can use to ensure you'll follow through on your commitment to squeeze some activity into your days in the lead-up to Christmas, even when you feel your stress levels start to soar.

**Get an early night** New Monash University-led research shows that people who go to bed earlier are more physically active the next day.

**Make an 'exercise appointment'** Scheduling activity into your calendar, like you do for a work meeting or doctor's appointment, can help make it happen.

**Phone a friend** When you've arranged to meet a friend for a walk or a workout, you're less likely to skip it, to avoid letting the other person down.

**Dress like you mean it** Research conducted by Melbourne's Victoria University suggests that simply pulling on your activewear delivers your brain a subconscious nudge to exercise, resulting in people being more physically active.

**Start tracking your steps** The results of a UK study released in April show that the simple act of step-tracking can help keep people moving.



# Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that T=3, R=18, and U=26. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 21 | 26 | 1  | 8  | 12 | 17 |   | 8  | 1  | 6  | 3  | 14 | 1  | 16 |    | 15 | 4  | 26 | 8  | 3  | 13 |
|    | 8  |    | 4  |    | 4  |   | 7  |    | 25 |    | 4  |    | 9  |    | 7  |    | 3  |    | 7  |    |
| 14 | 9  | 7  | 8  |    | 18 | 7 | 23 | 16 | 13 |    | 3  | 26 | 8  | 9  | 12 |    | 3  | 7  | 14 | 16 |
|    | 10 |    | 8  |    | 19 |   | 17 |    | 16 |    | 17 |    | 1  |    | 25 |    | 1  |    | 1  |    |
| 16 | 13 | 8  | 4  | 19 | 7  |   | 1  | 19 | 9  | 8  | 1  | 8  | 3  |    | 1  | 18 | 18 | 7  | 18 | 6  |
|    |    | 7  |    |    | 8  | 7 | 18 |    | 24 |    |    |    | 3  | 18 | 13 |    |    |    | 4  |    |
| 14 | 7  | 23 | 25 | 1  | 13 |   | 1  | 11 | 9  | 12 | 26 | 18 | 1  |    | 6  | 9  | 20 | 9  | 8  | 5  |
|    | 2  |    | 1  |    |    |   |    |    | 8  |    | 8  |    |    |    |    |    | 4  |    | 12 |    |
| 12 | 14 | 7  | 13 | 1  | 16 |   | 1  | 4  | 5  | 14 | 1  | 3  | 6  |    | 6  | 9  | 11 | 11 | 1  | 16 |
|    | 9  |    |    |    | 18 | 4 | 19 |    |    |    | 4  |    | 17 | 9  | 11 |    |    | 26 |    |    |
| 4  | 24 | 1  | 18 | 6  | 1  |   | 9  | 19 | 19 | 1  | 18 | 6  | 1  |    | 7  | 26 | 6  | 3  | 1  | 16 |
|    | 9  |    | 4  |    | 16 |   | 3  |    | 26 |    | 3  |    | 14 |    | 26 |    | 4  |    | 22 |    |
| 13 | 7  | 5  | 9  |    | 5  | 4 | 3  | 1  | 6  |    | 17 | 7  | 14 | 16 | 6  |    | 19 | 4  | 26 | 14 |
|    | 26 |    | 6  |    | 1  |   | 1  |    | 1  |    | 1  |    | 1  |    | 1  |    | 2  |    | 14 |    |
| 4  | 6  | 12 | 1  | 8  | 16 |   | 18 | 1  | 6  | 9  | 16 | 1  | 16 |    | 6  | 17 | 4  | 8  | 3  | 13 |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|    |    | T  |    |    |    |    |    |    |    |    |    |    |
|    |    |    |    | R  |    |    |    |    |    |    |    | U  |



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

## ACROSS

- 1 Christopher ---, explorer (8)  
 6 Member of Robin Hood's band (6,4)  
 13 Anchor chain (5)  
 14 Twin-hulled boat (9)  
 15 Gravy (5)  
 16 Not domesticated (7)  
 18 Medley, mixture (9)  
 19 --- the season, particular time of year (3)  
 20 Ache (5)  
 22 Possessor (5)  
 24 Observed (3)  
 26 Urge, encourage (3,2)  
 28 Cup-shaped cake (6)  
 29 Wife (coll.) (6)  
 31 Brewed, steeped (7)  
 32 Cartoon quacker and Daisy's beau (6,4)  
 34 Longitudinal (10)  
 37 Hold (7)  
 38 Agile (6)  
 39 Brace for broken bone (6)

- 41 Eminent (5)  
 42 Colour tone (3)  
 43 Cunning (5)  
 45 Provoke, enrage (5)  
 46 Bath (3)  
 48 Relieve, soothe (9)  
 51 Cut pattern (7)  
 53 Seasoning herb (5)  
 54 Sleep throughout the winter (9)  
 55 Narrative writing (5)  
 56 Ensured (10)  
 57 Gloom (8)

## DOWN

- 2 Path of a satellite around a planet (5)  
 3 Avail of (3)  
 4 Scenery hung at back of stage (8)  
 5 Assailed, went after (3,4)  
 6 Restrict, curb (5)  
 7 Domestic cat with black, brownish, and cream coloured fur (13)  
 8 Passenger vessel (5)

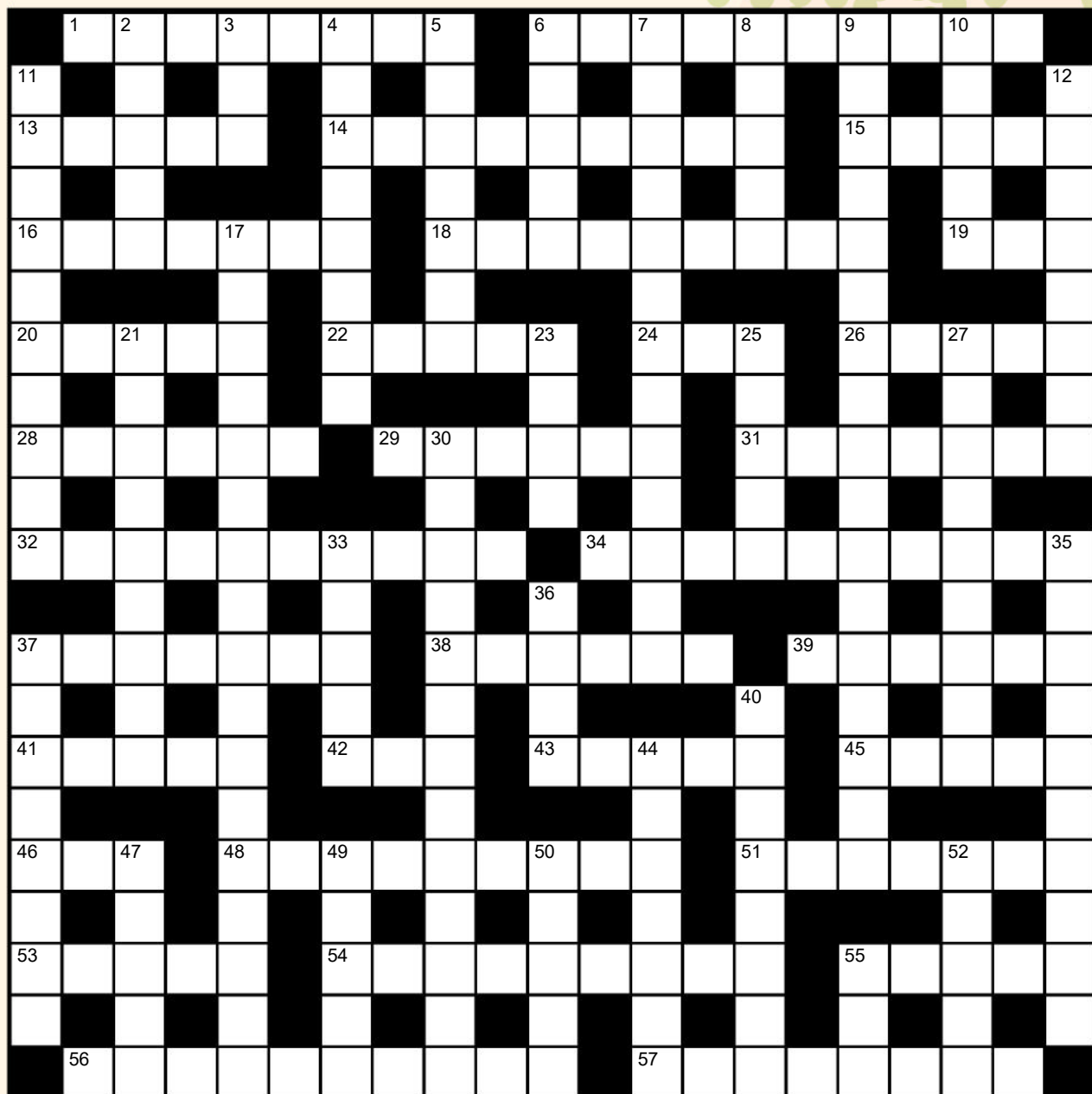
- 9 Person authorised to witness documents and statement declarations (7,2,3,5)  
 10 Frequent (5)  
 11 Habituated (10)  
 12 Rationalised (8)  
 17 Miles Franklin novel (2,9,6)  
 21 Arrange new borrowings (9)  
 23 Teething biscuit (4)  
 25 Twisted dry (5)  
 27 Spreading rumours (9)  
 30 Impossible to imagine or believe (13)  
 33 Dame Judi ---, actress (5)  
 35 Captivated (10)  
 36 Air pollution (4)  
 37 Ponder (8)  
 40 Guys' clothing (8)  
 44 Emerald Isle (7)  
 47 Marsh (5)  
 49 Lindsay ---, *Mean Girls* actress (5)  
 50 Bitter (5)  
 52 Dutch shoes (5)  
 55 Frying ---, skillet (3)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 9 |   | 5 |   |   |   |   | 6 |
|   | 5 |   |   | 9 |   | 3 |   |   |
|   | 8 | 1 |   |   | 2 |   |   | 9 |
| 1 |   |   | 6 | 8 |   |   | 4 | 3 |
| 9 | 6 |   |   | 7 |   |   | 8 | 5 |
| 8 | 3 |   |   | 2 | 5 |   |   | 7 |
| 7 |   |   | 2 |   |   | 5 | 3 |   |
|   |   | 8 |   | 4 |   |   | 6 |   |
| 6 |   |   |   |   | 8 |   | 7 | 1 |

## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.





Turn upside down for puzzle solutions

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 2 | 3 | 9 | 5 | 8 | 4 | 7 | 1 |
| 5 | 1 | 8 | 7 | 4 | 3 | 9 | 6 | 2 |
| 7 | 4 | 9 | 2 | 1 | 6 | 5 | 3 | 8 |
| 8 | 3 | 4 | 1 | 2 | 5 | 6 | 9 | 7 |
| 9 | 6 | 2 | 3 | 7 | 4 | 1 | 8 | 5 |
| 1 | 7 | 5 | 6 | 8 | 9 | 2 | 4 | 3 |
| 3 | 8 | 1 | 4 | 6 | 2 | 7 | 5 | 9 |
| 2 | 5 | 6 | 8 | 9 | 7 | 3 | 1 | 4 |
| 4 | 9 | 7 | 5 | 3 | 1 | 8 | 2 | 6 |

Sudoku

**Across:** 1 Columbus, 6 Little John, 13 Cable, 14 Catamaran, 15 Sauce, 16 Untamed, 18 Potpourri, 19 Tis, 20 Throb, 22 Owner, 24 Saw, 26 Egg On, 28 Muffin, 29 Missus, 31 Infused, 32 Donald Duck, 34 Lengthwise, 37 Contain, 38 Nimble, 39 Splint, 41 Great, 42 Hue, 43 Guile, 45 Anger, 46 Tub, 48 Alluviate, 51 Stencil, 53 Thyme, 54 Hibernates, 55 Prose, 56 Guaranteed, 57 Darkens.  
**Down:** 2 Orbit, 3 Use, 4 Backdrop, 5 Set Upon, 6 Limit, 7 Tortoiseshell, 8 Liner, 9 Justice Of The Peace, 10 Haunt, 11 Accustomed, 12 Reasoned, 17 My Brilliant Career, 21 Refinance, 23 Rusk, 25 Wing, 27 Gossiping, 30 Inconceivable, 33 Dench, 35 Enthralled, 36 Smog, 37 Cogitate, 40 Menswear, 44 Ireland, 47 Bayou, 49 Lohan, 50 Acrid, 52 Clogs, 55 Pan.

Crossword

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| U  | K  | V  | W  | X  | Q  | Z  | M  | R  | H  | D  | J  | E  | 14 |
| 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 |    |
| Y  | L  | F  | P  | I  | N  | O  | S  | A  | T  | B  | A  | 2  |    |
| 13 | 12 | 11 | 10 | 9  | 8  | 7  | 6  | 5  | 4  | 3  | 2  |    |    |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | U | E | N | C | H | N | E | S | T | L | E | D | J | A | U | N | T | Y |
| L | I | O | N | A | O | K | A | L | O | T | O | L | D | L | I | O | N | A |
| D | F | N | A | M | O | E | M | I | N | E | N | T | E | R | R | O | R | S |
| L | O | W | K | E | Y | E | P | I | C | U | R | E | S | I | Z | I | N | G |
| C | L | O | V | E | D | E | A | G | L | E | T | S | S | I | P | E | D |   |
| R | A | M | A | H | I | P | A | H | I | P | A | H | I | P | A | H | I | P |
| A | V | E | R | S | E | I | M | E | R | S | E | I | M | E | R | S | E | I |
| I | A | D | I | A | D | I | A | D | I | A | D | I | A | D | I | A | D | I |
| Y | O | G | I | G | A | T | E | S | H | O | L | D | S | E | E | E | E | E |
| A | S | C | E | N | D | E | E | E | E | E | E | E | E | E | E | E | E | E |
| S | H | A | N | T | Y |   |   |   |   |   |   |   |   |   |   |   |   |   |

Code Cracker



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**KEY** ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.





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